

# CHATTERLINE

*The Canadian Home Journal*

SEPTEMBER 1958

15 CENTS



*Dr. Hilliard: the problem of infertility*

*Lose 10 pounds this month, see page 31*

*Have the Dionnes found happiness in marriage?*

*Homes '58—9 pages of decorating ideas*

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# CHATELAINE

THE CANADIAN HOME JOURNAL, SEPTEMBER 1958, Vol. 31, No. 9

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## what's new



### AT CHATELAINE

To all readers, old and new, a most warm welcome to this September issue—the first combined issue of Chatelaine with the Canadian Home Journal. We hope all of our long-time Chatelaine readers will like the changes we've made and that you recognize an old friend behind our new look. We hope this introduction to former Canadian Home Journal readers will ripen into a lasting relationship.

There is nothing quite as exhilarating as a fresh beginning and this month's Chatelaine is truly a new magazine. It's thicker, it has a new cover design and a completely new look from front to back. We've

added a generous selection of new features which we're confident you'll like. To be certain of your wishes we carried out the first research job of its kind in the history of Canadian magazines. (For a more detailed account, turn to page 30.) Among the new features in this issue is a medical column, a page on international affairs, an article on sports, and an article on jazz. But in keeping with Chatelaine's policy, we're as unmistakably and proudly Canadian as the scarlet coat of a mountie.

Some familiar features have been shifted to new locations—our readers' letters, for example, are to be found on page 124, instead of in their usual slot around page six. And speaking of letters, we'd like nothing better, once you've looked over this new Chatelaine, than to hear from you.

While we're talking about new additions, we'd like to introduce Barbara Reynolds, home planning editor. To Canadian Home Journal readers, where she was home planning editor for five years, Barbara is an old friend. Her first Chatelaine story is Homes '58 on page 61. And if you're visiting the Canadian National Exhibition (until September 6) you'll see more of her work in the handsome seventeen-room Avenue of Interiors. In her own home—where the



**Who said  
housework  
has no  
glamour!**

*Nylon*

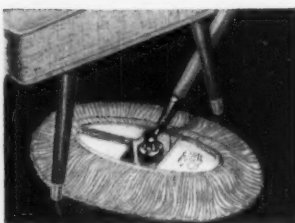
**No. 56  
FOUR-WAY  
ZIPPERMOP**

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a pleasure!*

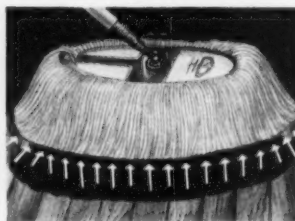
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## what's new CONTINUED

walls are white, accented in her favorite colors gold and tangerine—she keeps house for her husband Ed and two budgies. She also "makes hats, collects jugs, and to relax, plays the guitar."

In this our first combined issue of Chatelaine and Canadian Home Journal, we're pleased to offer you a fiction story by Evan Hunter, author of the best-selling *The Blackboard Jungle*. Mr. Hunter tells us that after graduation he held a rag bag of jobs, from selling fresh lobsters via telephone to teaching in a vocational high school—the last job provided him with the background for *The Blackboard Jungle*. Since that time he has written a number of TV scripts, police novels and he is presently at work on a script for a motion picture.

### IN FASHION

Just as summer is becoming seedy, along comes fall, with new fashions, products and appliances as crisply attractive as the season itself. Look for them in the shops in your area. Skirts, cropped just below the knees, are puffed, pleated, flounced, slit and bowed for fall. Their only competition comes from the belts, bands and drawstrings that accomplish the Empire or Madame Recamier look at the bustline. Little girls are wearing the same silhouette as their mothers—flaring skirts from an Empire waistline or pleated chemises. Jumpers are freshly fashionable for mothers and daughters alike. Some of the prettiest are designed to go over print dresses.



### IN THE HOME

Two rediscoveries from Grandma's parlor are the comport and the Morris chair with its characteristic adjustable back. If you've thrown out the ancestral comport, watch for the 1958 version in milk or clear glass, china and pottery. Some are three-tiered, with a vase on top for flowers. What prettier way to serve cake and canapés?

The new Morris chair we spoke of is streamlined beyond recognition, but just as comfortable as the old standby of past generations. Bachelor apartment dwellers will welcome a 21-inch television set that comes with picture tube separated from the chassis. Pick table or pedestal style depending on how you need to save space.

A new model knitting machine makes it impossible (the manufacturer says) to drop a stitch. Comes in an easy-on-the-eyes shade of green.

Just in time for the rainy season, marine and hardware stores have available an adhesive material which, applied to decks, ladders, docks and steps, provides sure footing. Comes in 48-foot rolls.

Heat-proof rubber mats, 15 by 20 inches, are handy for kitchen carving and slicing. They won't skid on you or chip or dull knives.



## what's new in the arts

By ROBERT FULFORD



### ROUNDUP ON RADIO FOR FALL

In the last year or so the CBC has been wisely turning more and more of its attention back to radio. This fall brings the first new important weekly program since television began taking over both the spotlight and the budgets. It's to be called Project '59, and it's to run every Monday evening and be repeated the following Sunday afternoon. Under Harry Boyle's direction Project '59 will be a showcase of new techniques and new ideas. The range will be wide: among the shows now in preparation are a documentary on the Canadian peace force in the Middle East and a musical show combining the best numbers from musical comedies and revues written by Canadians over the last twenty or thirty years. Daytime radio in Canada becomes more adult every month. The CBC's policy of rerunning such good evening programs as *A Touch of Greasepaint* and *Now I Ask You* for daytime listeners has been greeted with enthusiasm, and will be enlarged and strengthened this season. The CBC is also planning more live music in the daytime.

### CANADIAN FILM—FASCINATING FLOP?

This month or next, Montreal, Vancouver, Winnipeg and Calgary will see the new Canadian feature film *Now That April's Here* (it has already played Toronto, Hamilton and Ottawa). At best it can be recommended only for its curiosity value: You may possibly enjoy picking out some well-known landmarks of Toronto (such as High Park) and some well-known landmarks of Canadian TV (such as John Drainie). But viewed as entertainment this adaptation of four Morley Callaghan short stories is a very bad motion picture indeed. Picking the Callaghan stories was the first mistake of the producers, William Davidson and Norman Klenman; good as they are, these are mood pieces entirely unsuitable for a dramatic medium. Even aside from that, the direction (by Davidson) is pedestrian and often incompetent, the script (by Klenman) shows no imagination, and the acting is often inadequate. The producers did manage, however, to make one discovery: Lucy Ann Gill, a confused-looking blonde with a lushly old-fashioned hairdo, is touching as a shopgirl failing in an attempt to impress her well-to-do boy-friend's family.

### NEW MEDIUM FOR YOUNG ARTIST—CONCRETE

One of the most admired young talents in Canadian art these days belongs to Graham Coughtry, a twenty-seven-year-old Torontonian whose name you can expect to hear often in the future. Last season was only the third season in which Coughtry exhibited extensively, but in the course of it he: (1) won the first prize at the Winnipeg Art Gallery show, the top show in the country; (2) won first prize at the Montreal Museum of Fine Arts spring show; (3) was picked as



## A good school year often starts in the doctor's office

**Your child** is now back at school—with three and one-half million other children. This will be the largest number of boys and girls ever enrolled in our country's schools.

Naturally, you hope your child will stay well and do well throughout the school year. To help him do so, why not take him to your doctor now for a thorough health examination?

This is important for all children, but doubly so for the "beginner." As he works and plays with new friends, he may be exposed for the first time to the communicable diseases. The child should be protected against whooping cough, polio, diphtheria, smallpox and tetanus.

If he has already had "shots" for these diseases, it may be time for "booster doses." These increase protection or hold it at such a level that the child is more able to resist the disease to which he is exposed.

A **check-up** may reveal unsuspected or minor defects of the eyes or ears. A child

who has impaired hearing or vision cannot do his best work at school. Besides getting low marks, he may become discouraged or at best have difficulty in making adjustments.

Your doctor can also advise you about improving your child's health habits to increase resistance to colds and other respiratory infections that keep so many children away from their classrooms.

What about older children—especially those in the teen years? They, too, should have health examinations. The doctor's advice on physical development and emotional problems can ease many worries that beset adolescents.

When parents, doctors, and teachers work together, the school years can be made more healthful, productive and enjoyable for our children.

**Metropolitan offers** two free booklets on the health of both younger and older school-age groups. Check below the booklets you want. Your request will be filled by mail.

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Actual photo of Janice Wells, Los Angeles, Calif.

## Woodbury Shampoo

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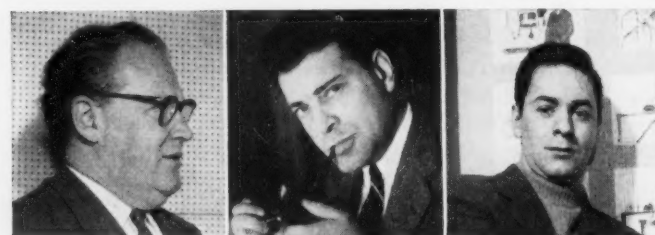
*Woodbury Shampoo costs less than other brands—a generous bottle is only 49¢. If it isn't the finest you ever tried, we'll return your money! Fair enough?*



8738

## what's new CONTINUED

one of the five Canadian representatives in the Guggenheim International in New York; (4) sold his first painting to the National Gallery; (5) was invited to send a painting this December to the important Carnegie International in Pittsburgh. But this season promises to be even more stimulating for Coughtry. His paintings will be shown at the Greenwich Gallery in Toronto in November and at the Montreal Museum in December and January. In addition, along with architect Irving Grossman, he is playing a vital part in the design of the new Beth David synagogue in North York, a suburb of Toronto. Coughtry has designed a piece of abstract sculpture in concrete, based on Hebrew symbols, which will be cast seventeen times to form the walls of the synagogue.



Harry Boyle

Herbert Steinhouse

Graham Coughtry

### CANADIAN TV—NEW PLACES, OLD FACES

It begins to look as if the CBC will get almost no year-round programs out of its summer replacements this season. The reason is not lack of quality in the summer shows, but a lack of time spots for them. For various (and dubious) reasons the CBC has decided to retain last season's variety schedule almost completely. This fall everybody from Juliette to Music Makers will be back.

### THE BEST OF THE BOOKS FOR FALL

The most emotional and affecting book I've read in months is *The Magic Barrel* (Ambassador Books, \$4.50), thirteen short stories by Bernard Malamud. Human dignity and human pity are the themes that run through Malamud's work, illuminating his stories of the conflicts and frustrations of ordinary people. If you become a Malamud fan by reading *The Magic Barrel*, as I suspect you will, you can find his fine novel, *The Assistant*, in most drugstores. It's now a Signet fifty-cent pocketbook . . . *The Beat Generation* and the *Angry Young Men* (George J. McLeod, \$5.25) is an interesting collection of writing by and about these two schools, respectively American and English, of contemporary literature. Such English writers as Kingsley Amis and John Braine really have little in common with Americans Jack Kerouac and Allen Ginsberg among others, but combining them in a single book nevertheless provides the reader with an entertaining cross section . . . The timeliest Canadian novel in a long while is *Ten Years After* (British Book Service, \$4), by Herbert Steinhouse, of Montreal. It's an exploration of the Algerian crisis, seen through the eyes of Marty Richardson, an American correspondent. The hero strikes me as naïve and rather too pure to be true, but the events he watches are made fascinating . . . The book of this month is *Best American Plays 1951-57* (Ambassador Books, \$6.75), edited by John Gassner. In it you'll find Tennessee Williams' *The Rose Tattoo* and Arthur Miller's *The Crucible*, cheek by jowl with George Axelrod's *The Seven Year Itch* and Thornton Wilder's *The Matchmaker*. There are seventeen plays in all, and they make an engaging collection. ♦



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pleated skirts and dresses whenever you please. They will drip-dry to their original fresh beauty, for the pleats are in for keeps and pressing is unnecessary. These are the garments that could "live in a suitcase", travel indefinitely. So for any wear everywhere, look for the 'Terylene' tag when you shop—get your fall fashions in *permanent*, uncrushable pleats!



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## here's health

by Lawrence Galton

A SIMPLE FERTILITY TEST  
PREGNANCY OVERWEIGHT CURB  
TRANQUILIZER FOR THE HEART

### Ovulation pin-pointed

A new test being developed by a University of Ottawa gynecologist promises to pin-point ovulation time within hours rather than days, to be simple enough so that any woman can be taught to perform it for herself, and to have a number of valuable uses. It is based on the finding that "mid-menstrual" bleeding accompanies ovulation — but in such microscopic quantities that the average woman is not aware of it. The bleeding may occur anywhere from twenty-four hours after cessation of menses up to twenty-four hours before its onset. To detect it, a tampon is inserted for half an hour each morning on arising. Appearance of blood indicates that ovulation has occurred and that a fertile period has been present during the previous twenty-four hours and will continue for twenty-four hours more. In addition to helping to overcome infertility in some cases, the test may also be used to determine "safe" periods, and could aid in the study of iron-deficiency anemia and anemia of pregnancy. It does not prevent conception nor interfere with pregnancy.

### Spinal curvature

Through a new technique many children with scoliosis, or abnormal curvature of the spine, now can be walking within a week after corrective surgery and can be home within ten or twelve days. At New York's Columbia-Presbyterian Medical Centre a special plaster jacket, with windows in front and back, has been used — first, to pull the spine straight and immobilize it in the corrected position. Then, through the windows, the operation itself is carried out. Afterward the firm jacket permits the child to walk while spinal regrowth occurs, and examinations can be made conveniently through the windows to check on progress and determine when the jacket can come off.

### Aid for stutterers

The tranquilizing agent meprobamate has helped in the treatment of stutterers. Two University of Manchester (England) physicians studied it in eighteen patients and report that the decrease in tension promoted by the drug made the speech problem somewhat less severe and, at the same time, facilitated corrective treatment, allowing significantly greater progress to be made in less time.

### Pregnancy weight

For some women whose weight goes up excessively during pregnancy, increasing the risk of complications, an appetite-

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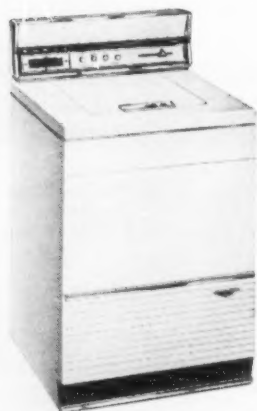
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Makers of the New Norge Washer, shown at left, include a sample package of Calgon in their new machines. And many other leading washer manufacturers recommend Calgon for top washing, rinsing results.

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here's health CONTINUED

curbing drug may be helpful. Such a drug, Preludin, used for several years in weight-reducing, has been tested for its efficiency and safety as a weight-control aid in pregnancy. In a group of women who received it the mean weekly weight gain throughout childbearing was one fifth of a pound, while in a similar group who, for comparison purposes, did not receive the drug, the mean gain was almost one pound. No undesirable effects from the drug were observed.

### Bronchiectasis

Coughing, breathing difficulty, spitting of blood and sputum volume in severe cases of this chronic respiratory disease can be diminished by prolonged antibiotic treatment, a British study indicates. In trials with more than a hundred patients, oral penicillin was used in some, oxytetracycline in others. No undesirable effects were noted from either antibiotic and symptoms were markedly reduced. Of the two drugs, oxytetracycline appeared to be more effective in reducing episodes of fever, confinement to bed and days of work lost.

### Pelvic pain

In some women with pelvic and abdominal pain, the underlying problem is endometriosis — growth of uterine tissue in abnormal locations. Pregnancy has been known to bring temporary relief in many cases. Now a state of pseudo-pregnancy, with menses halted by large doses of the female hormones estrogen and progestin, appears to be helpful. Seventy-five percent of a small group of women treated for two and half to seven months, reports a Harvard physician, have improved. A longer period of treatment is necessary before complete evaluation can be made.

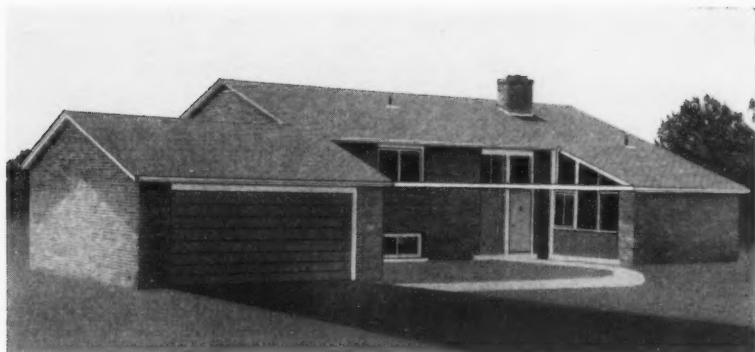
### Heart attack

Can tranquilizing agents help promote recovery after a heart attack? Anxiety and tension, commonly associated with many diseases, are particularly likely to be present after a dreaded coronary thrombosis and may add to the work of the damaged heart muscle by increasing restlessness and muscular activity. In view of this, twenty heart-attack patients were given the tranquilizer meprobamate, along with other treatment. The calmative action of the drug in all cases reduced restlessness, irritability, insomnia, fear and palpitation. All patients in this series survived, and the tranquilizer, although hardly curative, is believed to have been helpful.

### Help for stubborn infections

Useful as antibiotics are, some infections have refused to yield to them. Now a new approach to treatment, which may overcome many such resistant infections, has had its first successful trial at the University of Utah Medical School in twelve patients with infected, weeping eczema of the ear canals which, in two years, had not responded to any previous treatment. In every case, when a chemical, heparin, was added to the antibiotics previously used without effect, cure occurred, in some cases within seventy-two hours. Heparin, an anticoagulant, often is used in heart and blood-vessel disorders to help prevent dangerous clotting of the blood. The new discovery is that, when combined with antibiotics, it holds them in the blood in greater amounts for longer periods, giving them a better chance to conquer infections. ♦





Sketched—left "The Laurentia" Laurentide Drive and right "The Parkdon" Alvarado Crescent in Parkway West, Don Mills, Ontario. Models of two "Award Winners" from the National Housing Design Council competition. Selected by the editors of Chatelaine



for charm and livability. Open to the public from August 28th through September. Architect. James A. Murray, M.R.A.I.C., Toronto, Ontario. Builder: George Slightham Ltd., Willowdale, Ont.

## Chatelaine HOMES '58 Feature



Photograph of one of the Rusco Windows in "The Parkdon". This window slides horizontally, includes Fiberglas screen and insulating sash. The colour is Rusco "Old Ivory"

baked-on. All Rusco Windows are delivered to the builder glazed, weatherstripped, hardware attached, completely finished even to the paint, ready to install.

## RUSCO The All-Weather Steel WINDOWS

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By VIVIAN WILCOX



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*Available at stores on page 70.*



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# Cuticura

Cuticura has said for years—  
Wishing won't help your skin, Cuticura will!



Chatelaine — September 1958

By Dr. Marion Hilliard



## THE PROBLEM OF INFERTILITY

Every doctor has memories of failure — memories that are particularly full of pain because the situation can never be remedied. I have such a memory which comes back from time to time to haunt me and serve as a warning never to make that same mistake again.

The patient was the last appointment just before Christmas. She came into my office timidly, although she was pretty and expensively dressed. When I asked her what her complaint was, she darted a hesitant glance at me and said, "Doctor, I have been married for ten years and I am most anxious to have a baby."

My immediate reaction was one of impatience. I adore the excitement of Christmas preparation. I couldn't wait to enter into the family planning. I remember thinking that this woman might have waited — after ten years of waiting — at least one more month to talk about her problem. I tried hard to sound interested in her but when the confidence and hope in her voice gradually dwindled away I realized I hadn't succeeded. I suggested we talk about the problem more thoroughly another time and I gave her an appointment after Christmas. She never appeared in my office again.

I am sure now that it had taken her months, or perhaps years, to muster up courage to come and see me. I am sure she was trembling with the hope that she would find somebody to whom she could pour out all her frustrations, fears and shame. What she found was a doctor preoccupied with her own affairs. I believe today that this thoughtlessness so many years ago was one of the greatest sins against the Spirit that I have ever committed.

### Marriage not consummated

In obstetrical practice a doctor encounters many heartbreaking cases of infertility. The case that comes most readily to mind is the woman who can scarcely bring herself to tell you about her married life. She is the patient whose marriage has never been consummated.

It's generally believed that this problem occurs rarely. But in my practice I see one of these women at least every month of the year. Whether they have been married six months or twelve years, they live in an atmosphere of defeat in which shame is one of the main ingredients. Naturally it is expected that marriage will be consummated on the wedding night or shortly afterward. But as the days and months, and then years pass, the problem becomes such an enormous



disaster that neither husband nor wife can bring themselves to mention it.

I can never understand why it is assumed in these cases that the difficulty is due to nervousness and tenseness in the wife. In my experience it is almost always a physical cause — a particularly large, deep fibrous hymen, which makes consummation almost impossible. If there is no congenital abnormality these cases are very easily cured, and that is why, in view of all the months and years of heart-searching and self-blame, these cases are such tragedies.

Another sad, unhappy case of infertility I encounter in my practice is the girl who has had an abortion or an illegitimate child. Often these women carry around with them an overwhelming load of secret guilt. They often feel their inability to have a baby in marriage is a judgment on them for what happened in their youth. This is such a pitiful and false attitude because God does not judge in this way ever. These girls can get an answer so easily by an X-ray of their pelvic organs.

It is true that such an indiscretion might create tension in a woman and prevent her from becoming pregnant. Even when she is told everything is all right, she may not get pregnant.

### *Overanxious New Canadians*

The third kind of woman that makes my heart ache is the New Canadian who has undergone great suffering in Europe, including periods of near starvation. Finally she finds love and marriage and settles down in Canada. At last she feels she can look forward to having a home and a baby. Then, to her anguish, she finds she can't conceive. To these women the problem is particularly tragic because they frequently have no relatives and a baby represents their entire family. The most difficult part of the treatment of these women is to help them get rid of this frenzied sense of urgency — this demand that they must have a baby to make their marriage happy and complete.

Actually, the physical treatment is easy, and after a period of time, usually months, it is possible to give these patients confidence and hope. It is amazing how often they can then become pregnant.

### *A baby won't save a marriage*

One type of woman I am always watching for is the one who wants a baby because the foundations of the marriage are crumbling. She feels she can cement the cracks by having a child. My advice to her is always the same: fix the marriage up first. Having a baby may be an initial boost but later it puts an extra load on the relationship and the marriage is sure to break down. The baby is the real sufferer then.

Sometimes I have a patient who considers having a baby a challenge. This kind of woman is usually extremely self-centred. She feels she has not fulfilled her destiny. After practicing for years I believe in the fundamental principle in dealing with the life force: if you demand what you want you almost always lose. Sometimes these women suggest artificial insemination. But I believe artificial insemination has too many psychological hazards. It is pushing your own small immediate wishes without thought for the total plan.

There is no more exciting investigation than that of fertility. We seem to know so little about it. We know that you can have a physically perfect man and woman who are

*Continued on page 52*



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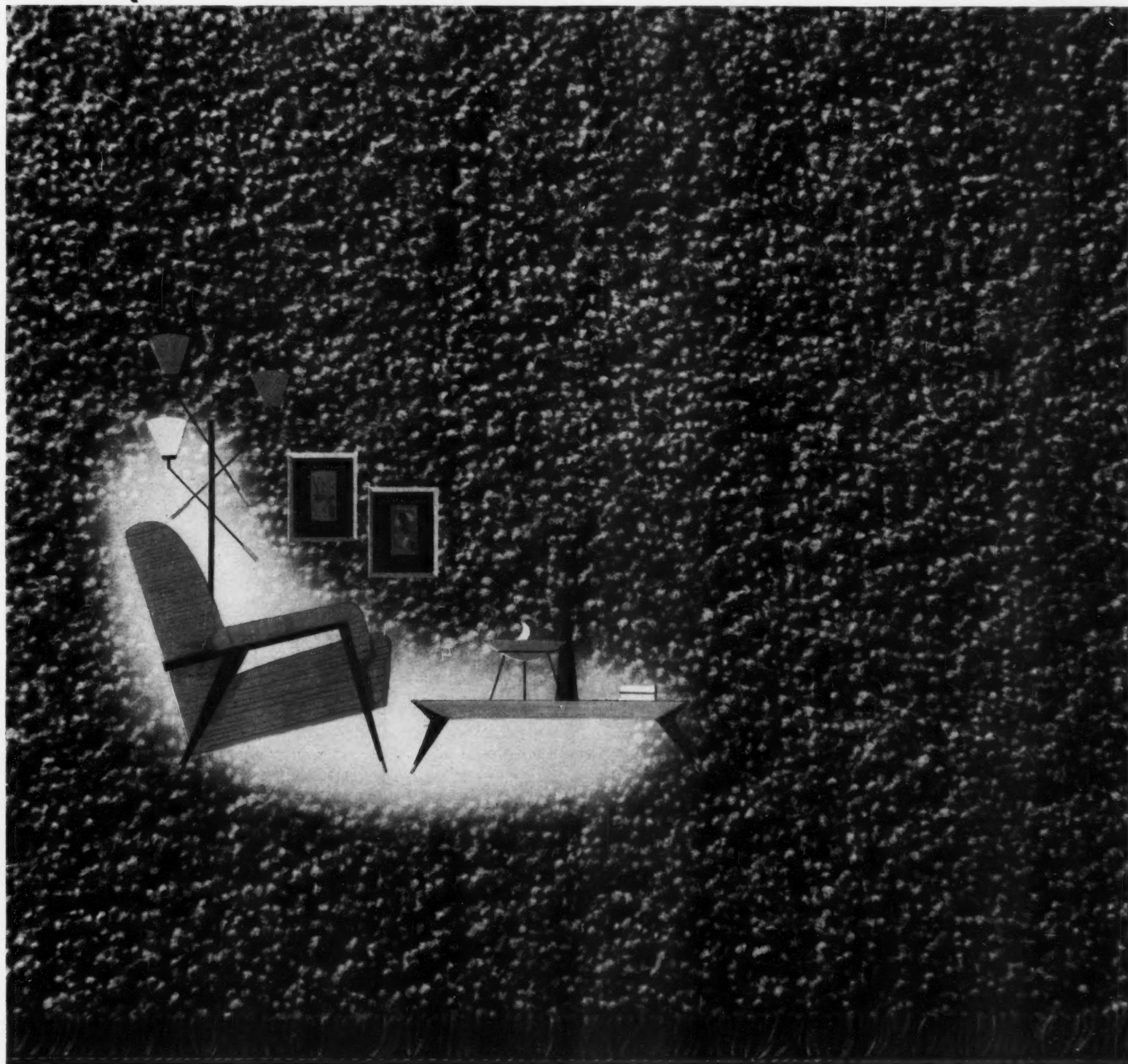
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## IT'S YOUR WORLD



LONDON—Don't expect too many major surprises at the Commonwealth conference on trade and finance in Montreal this month.

Instead, when the sessions open on the 15th, watch British Chancellor of the Exchequer Heathcoat Amory and his associates for a neat display of footslogging through individually ordinary negotiations. On the surface it will seem and sound dull, but the spadework involved should promise results calculated to improve jobs, cut shopping costs and add to available variety of goods everywhere in the Commonwealth.

The likelihood of success has been increased immeasurably by the fact that Britain's political leaders are being driven by a double goad to get something done.

Externally, Britain faces possible cutbacks in trade with such markets as New Zealand and Australia, the dangerous implications to the Commonwealth in the grim financial crisis of India, the challenging prospect of big business in Canada. At home, the continuing nightmare of crushing costs for social services and steadily rising production expenses are spelling out the prospect of recession.

So, in order of preference, British delegates say they will be keen to tackle these main problems: 1, trade, with all its potential fireworks; 2, Commonwealth development, with the challenge of getting Canada to shell out more; 3, the proposed European Free Trade Area, with its possible dangers to Commonwealth ties.

When talk turns to trade, the disruptive word is commodities. Most of the Commonwealth countries depend on a single commodity—dairy products, wool, tin, and so forth—for a great part of their foreign trade. For them, the biggest concern is keeping the price of these goods at a healthy level.

But Britain doesn't depend on a single commodity. For her, manufacturing is the important thing and her main concern is getting commodities as cheaply as possible.

And there's the complication—for Britain does a fat twenty-five per cent of her foreign trade with these one-product Commonwealth countries. When they don't get good prices for their commodities, they have to cut back on what they buy from Britain.

That is what is starting to happen now. New Zealand, which has swallowed up a trading surplus of close to seventy million dollars, has slapped on tough import restrictions. Australia is considering some; so too are Asian members.

There's talk among the commodity producers of a whole range of marketing agreements, pegging prices at a constant level—something like Canadian wheat, for instance.

On paper, even the British agree the proposals seem reasonable. But Britain's job at the conference will be to insist that price pegging can't be settled at a Commonwealth level because other nations are involved in the business too. Treasury officials suggest that a world conference is necessary to set a pattern of control. In Montreal, their task will be the delicate one of convincing other members that this world idea is worth waiting for.

"If they succeed, it will be quite a coup," says one Canadian trade expert. "The British will manage to get another six months to a year of



Britain's Amory: wants Canada to shell out.

### *What to watch for at the Commonwealth trade*

*meeting in Montreal, and a look at*

*British plans for some hot-potato problems*

cut-rate prices without meeting the ill will that they would get if the producers thought they were unsympathetic."

There's a different tune, however, when it comes to Commonwealth development. In this field, Britain isn't interested in marking time.

In general, British officials say it's imperative for all available resources to be mustered to the job of tapping the undeveloped industrial and power facilities of the newer Commonwealth members. With India in particular, they say the need is urgent.

India just hasn't the cash left over from day-to-day housekeeping to pay for the factories, roads, power plants, hospitals and schools she must have to improve her living standards. Yet, to an alarming extent, the fortunes of the at least passively pro-Western Nehru government are tied to promises to improve these standards, and fast. To beef up Indian foreign-exchange reserves, to speed up the pace of development, it's likely that Britain will press for a cash loan to India, at low rates, plus some indirect aid expressed in terms of industrial plants provided ready made.

Britain is well aware that she can't do this job herself. So, in Montreal, the pressure will be on for more Canadian contributions.

India will be the big concern, but other potential trouble spots suggest close attention too. Ghana, Malaya, Pakistan, even New Zealand—all face shortages of development capital.

Another self-help suggestion being considered is the formation of a Commonwealth Bank along the lines of the now successful World Bank. Such an organization would get money from the "have" members to lend at low rates to the "have-nots."

British critics, however, say this isn't the whole answer. Instead, they are in favor of an agreement at Montreal to pledge the credit of the Commonwealth as a whole to secure fresh development money from the U. S., West Germany, Switzerland, Sweden and other nations where some surplus is available.

The ballyhooed Free Trade Area proposals in Europe play a big part in British thinking too. The U. K. does about a quarter of her trade with Europe and government spokesmen say they are worried about the way things are going.

At present the six-nation European Common Market plan has gone into effect, creating in fact a potential protected trading area among the richest outlets on the Continent. Britain fears that if the companion Free Trade Area doesn't go through, she will be shut out of her markets by unscalable tariff walls.

"This may lead to some fireworks in Montreal," one British official concedes, "because there's a chance our delegation may propose a variation of Commonwealth free trade to replace the failing European project.

"But, frankly, it will probably be more talk than fact. The truth is that Britain cannot consider switching her trade away from the natural link with Europe. And the Commonwealth, for that matter, is in no way a natural trading area. Talk of Commonwealth trade as a whole is illusory.

"It's more likely that bargaining will be on the nation-to-nation level."

And that sums up Montreal in September for Britain—basically a groundwork conference leading probably to a whole series of lesser meetings in the months to come.—Donald R. Gordon



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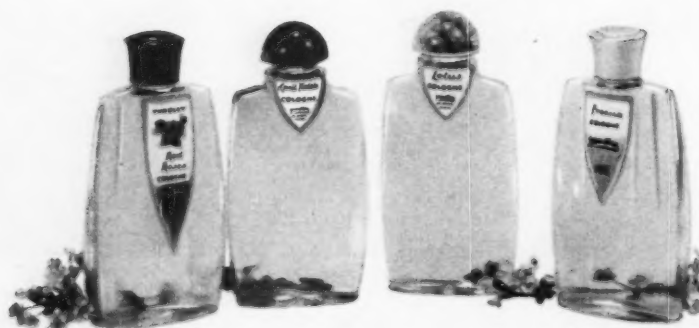
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# YARDLEY



## SPECIAL EDITORIAL

In memory of a gallant woman we will  
never forget . . . Marion Hilliard

"Don't waste your strength in being outraged because life is difficult for you. Assume that life is difficult and it will never be easier. Accept the inevitable and live vigorously."

This was the philosophy of Marion Hilliard.

No single event in her life illustrated more vividly how well she followed her own counsel than her death of cancer, this July. Three days before she died she called me on the telephone. Her breath came in painful gasps, but she talked confidently of her next two articles for Chatelaine which she said she would have ready the following week.

Those articles — and all the other articles Marion Hilliard might have written — will never be printed. Her last column appears on page 12 of this issue.

A little over a year ago she wrote, "Now that I am fifty-five I can scarcely wait to get at the future." She had plans to go to India this October to help organize maternity hospitals there. Before she left she intended to finish her second book, and half a dozen articles for Chatelaine. She seemed to have many rich, fruitful years ahead of her.

She had lived zestfully and gathered a wide assortment of achievements. She attained a high place in one of the most competitive professions. She was chief of obstetrics and gynecology at Women's College Hospital in Toronto. She had the unique experience of having an endowment fund raised by grateful patients in her honor during her lifetime. Her articles in Chatelaine were reprinted all over the world. Using these articles as a base, she wrote a best-selling book. She was a witty, provocative speaker, an engaging, refreshing radio and TV performer.

Her life was hedged in by crowded appointment pads and jangling telephones, but she could lose herself in a baseball game or listening to a string quartet. She was a short woman, yet a giant; breezily blunt at times, yet an idealist; jocular, yet never afraid to talk unabashedly of God or love.

She was criticized by some members of her publicity-wary profession for writing about such unscientific subjects as life and marriage, and this pained her more than most people knew. But the mailbags of letters from grateful readers after each of her articles appeared serve as monuments to the rightness of her decision to speak out.

We are proud that Chatelaine played some part in introducing Marion Hilliard to thousands of women. We regret that each of you couldn't know her personally. She lived joyously, died courageously. Once she wrote: "I am starting a new life soon. Wish something with me. Wish that it will be difficult — and full of laughter."

*Doris Anderson*





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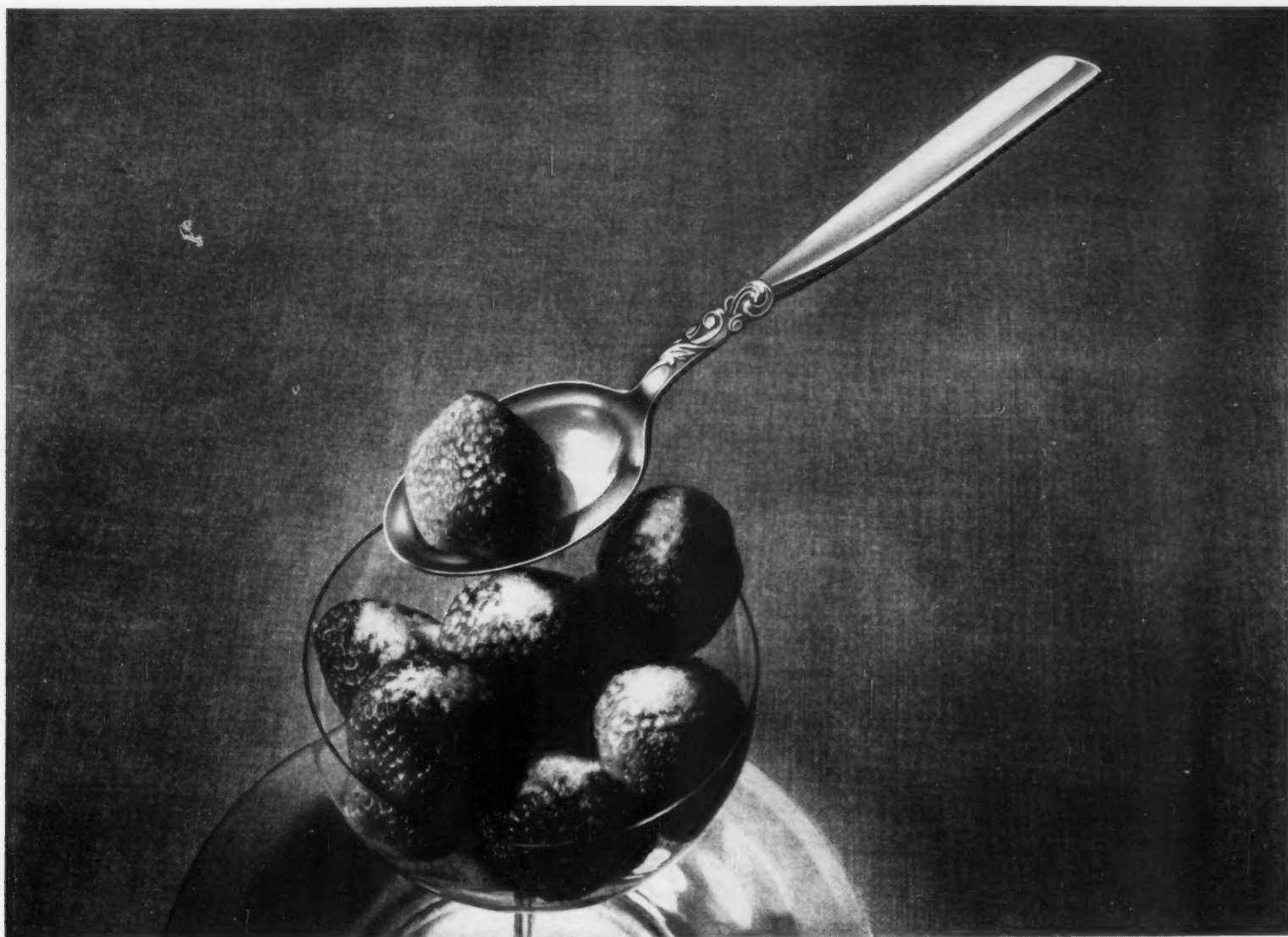


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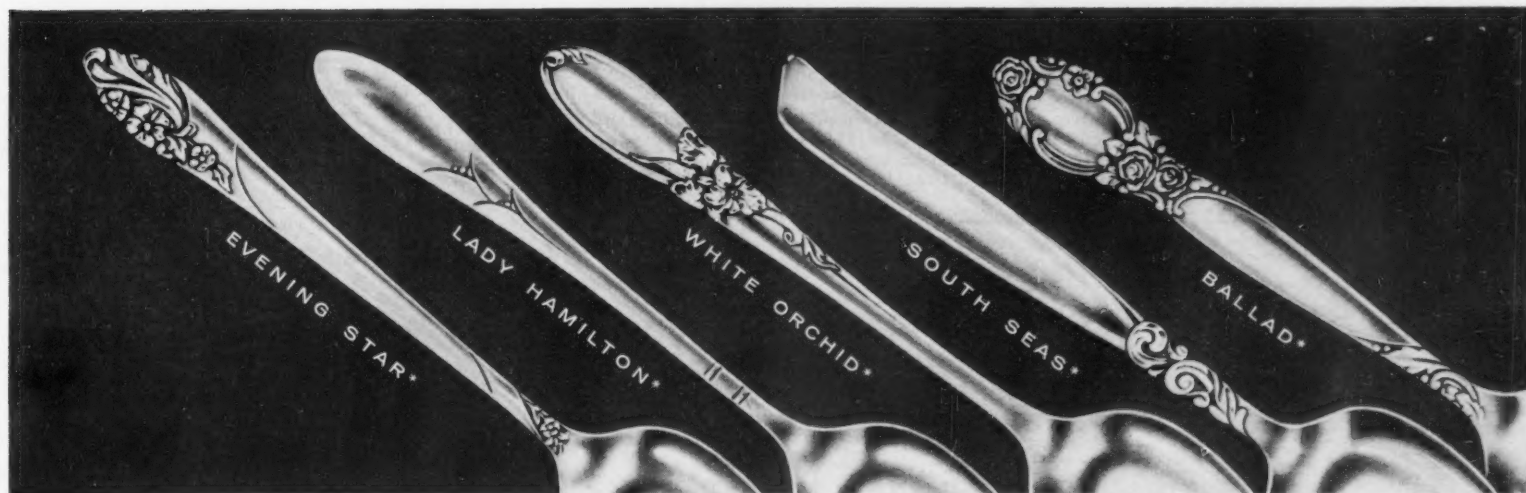
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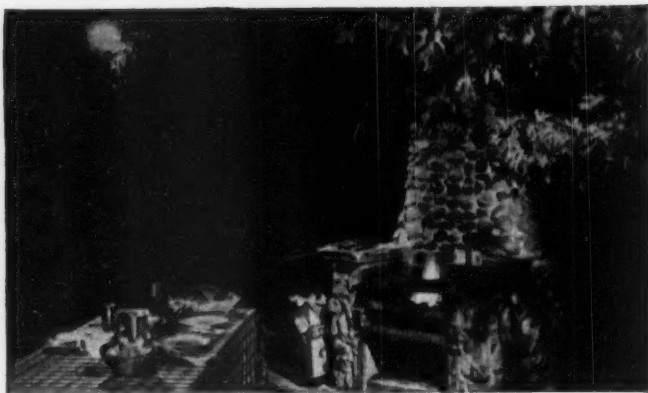
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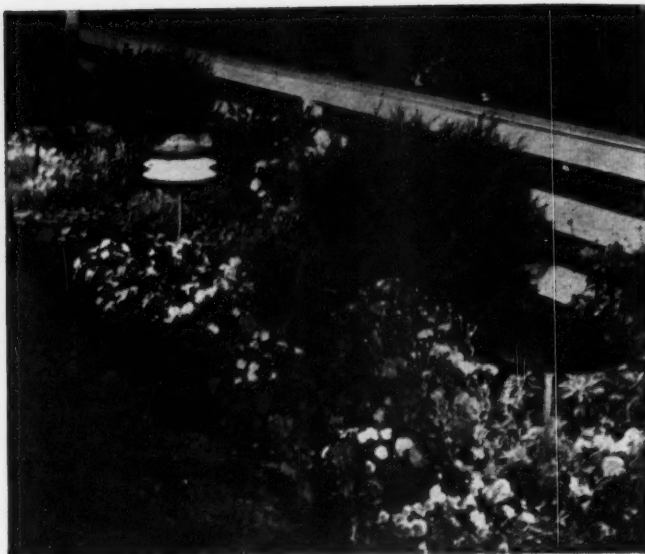
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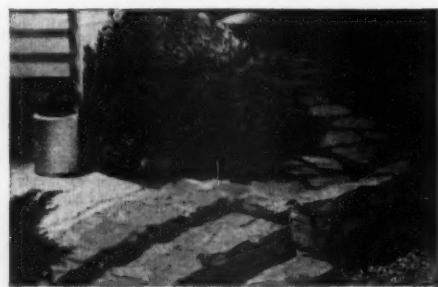


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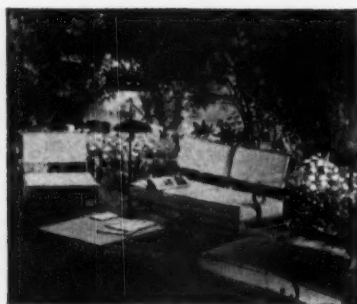
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*meat is never inspected*

*These are some of the alarming*

*risks you face—and here's*

*what you can do about it*



Peter Croydon

## HOW PURE IS THE FOOD YOUR FAMILY EATS?

By ROBERT FULFORD

• Canadians trust the food they buy. We expect that the food sold to us should be so carefully handled and prepared that it is entirely free from contamination. Most of us think that this is now the case. But is it? No one knows. Food controls in Canada are so vague and so tangled in a web of official lines of authority, that no Canadian can say for sure whether most of our food meets even minimum standards of purity.

Consider, first, these two facts. The Health League of Canada estimates that more than thirty percent of the milk sold in Canada is unpasteurized. Federal and provincial health officials estimate that from ten to twenty percent of the meat sold in Canada is never seen by a government inspector.

Yet few Canadian politicians are campaigning for increased food controls. More than that, the federal government has done little to discourage our overconfidence. Three years ago the Department of National Health and Welfare issued a pamphlet explaining the work of the Food and Drug Directorate. Printed on the outside of the pamphlet was a statement typical of Canadian delusions about the safety of food:

"Canadians need have no qualms about what they get at their grocery, pharmacy or cosmetic counter. Their food, drugs and

lotions are as safe as it is humanly possible to make them. A federal agency, the Food and Drug Directorate . . . sees to it that food sold in this country is pure, clean and wholesome."

But this wide-eyed optimism crumbles under even the most cursory examination. To refute it, you need go no further than the annual official report for 1956 (the last one available) of the same Department of National Health and Welfare. Under "Food Plants," the report says:

"Two thousand three hundred visits were paid to food factories (in 1956), some of these being repeat visits to the same plants. As an indication of the magnitude of the problem, there are an estimated ten thousand food-manufacturing plants in Canada. Only a few major industries in which there are the greatest potential health hazards have been included in the program so far. Inspection has shown sanitation standards to vary widely among plants in a particular industry from quite clean and satisfactory to disgusting and dangerously dirty . . ."

That is, of the less than one fifth of food plants visited, some were good, some terrible. But what about the other four fifths? No one knows; they were not visited.

*Continued on page 54*

# HAVE THE DIONNES FOUND HAPPINESS IN MARRIAGE?



*Contentment is reflected in Cécile Dionne's smile as husband Philippe Langlois helps her overcome the strained reserve fostered by an unnatural childhood.*

*Five little girls grew up in a  
strange, incubated world, cut off  
from ordinary human beings.  
Now married, this is how one  
of them is adapting to  
her new life, as told by an  
intimate friend*

By MONIQUE BERNARD

Photographs by Léon Bernard

The locale is Lachine, one of the many Montreal suburbs bordering the St. Lawrence River. The setting is a large square red-brick house flanked by a pretty terrace hiding behind a garishly colored canvas under the summer sun. The closed Venetian blinds and the drawn drapes serve as a shield against the curious stares of neighbors and the indiscreet cameras of the press. There, I spent a fortnight with Mrs. Philippe Langlois—the former Cécile Dionne, the most recently married of the famous sisters from Corbeil, Ont., and the first quintuplet in the world to expect a child—and her husband.

I know Cécile intimately, for on many an occasion I have shared her work and her leisure hours; I have been her close confidante, and she has told me her secrets as a young wife, a mother-to-be and a “publicly owned child.” Since the beginning of her romance and her married life, I think that I, better than anyone else except her husband, have been able to understand and share the happiness that has been hers.

The Lachine house has a well-to-do air with its garden, trees, hedges and windows overlooking the river, but the austerity of the closed shutters fails to reflect the warm and friendly atmosphere inside. Cécile and Philippe, however, are not easily approachable and they accept as friends only a limited group of relatives and some of Philippe's co-workers. Their intimate friends can be counted on the fingers of one hand. It is true that the newlyweds try to hide their happiness. Cécile, like her sisters, knows only too well that the world still tries to observe their every move. She realizes that the phenomenon of their birth still causes talk, the more so now because Cécile's and Annette's pregnancies are giving rise to sensational notions in

*Continued on page 80*





*Midnight snack ends another day. Cécile retires early, gets up again to chat far into night with late-working Philippe, a CBC technician.*



*A toast is drunk by Cécile, sister Marie (left) and a close friend to celebrate the news that Cécile is first of Quints to become a mother.*



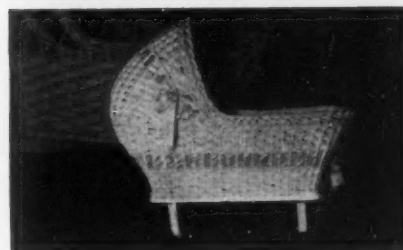
*At family dinner in Quebec City Cécile and Philippe (right) are entertained by Philippe's parents and a sister. At left: author Bernard.*



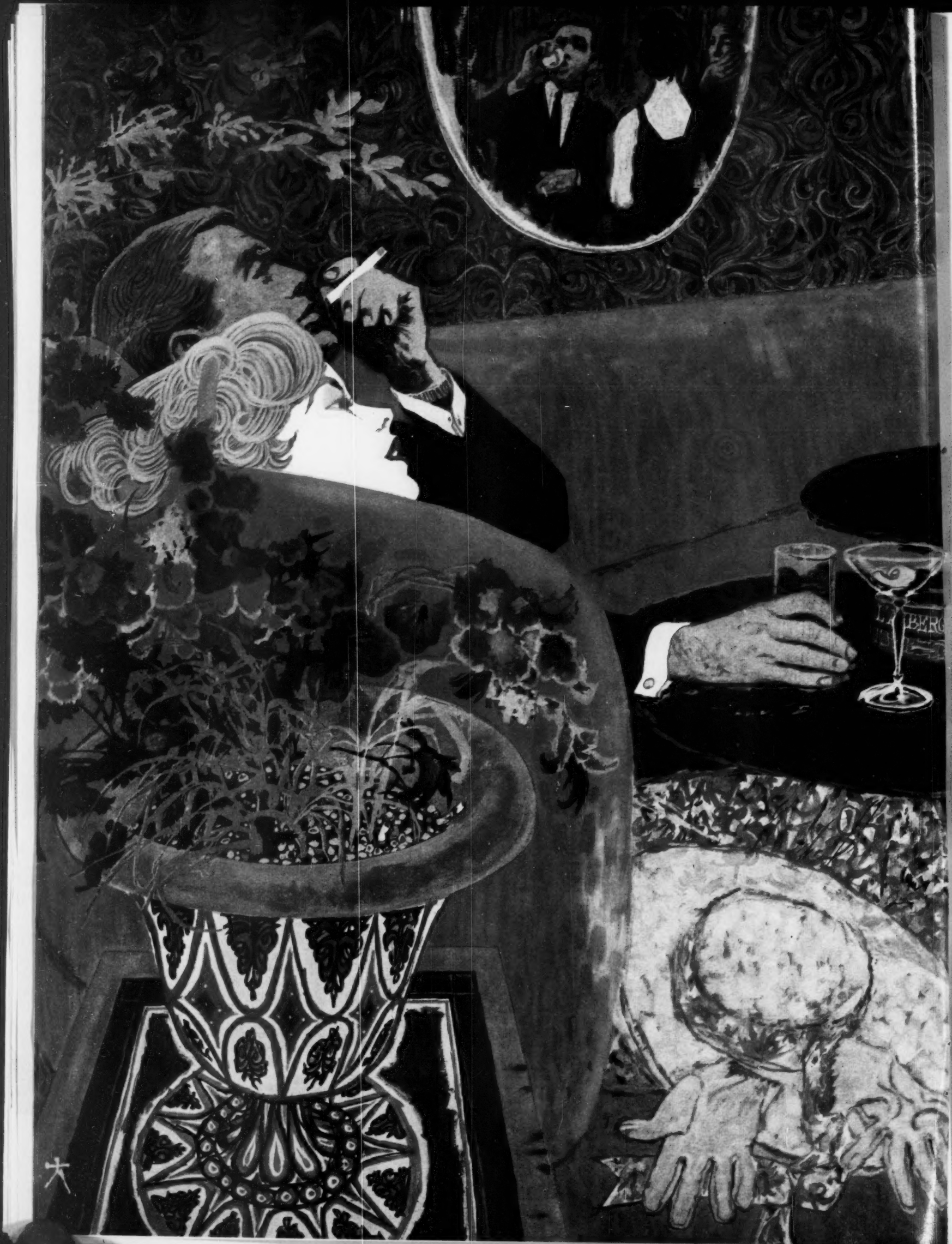
*Drink to the past is shared by Philippe and Cécile on the anniversary of Quints' birth.*



*Mother-to-be Cécile brushes up on baby care as she cradles Marie-Rose Dionne's son André Girouard. She rarely talks of her own childhood.*



*Quints' mementos are kept by Cécile. Bronze sculpture of the five as children sits in living room. Cribs, toys, dolls fill the basement.*





*This was the moment she had hoped would never come—*

*when he would demand again the love she secretly feared had never died,*

*and she'd have to decide the price of being*

# Alive again

By EVAN HUNTER *Author of The Blackboard Jungle*

ILLUSTRATED BY JAMES HILL

She met him suddenly and quite without warning, and she was certain afterward that her face went pale in that first shocking moment of rediscovery.

She had crossed over from Simpson's, walking down Metcalfe, lured by the riotous display of flowers in Dominion Square. There was a mild breeze and it caught at her pale blond hair, and she could feel its warm embrace at the nape of her neck, her eyes reflecting for a moment the dazzling backdrop of the sky.

And then she saw him, and her eyes tightened into sharp painful focus on his face, and she felt suddenly weak.

She would have turned and ducked into one of the shops. Her first impulse was to run blindly away from him. She did, indeed start to turn, and then his voice reached out for her and her feet went curiously leaden, and she felt with sick panic the reminiscent quickening of her heartbeat.

"Lois?" There was honest surprise in his voice, then quick conviction. "Lois!"

She turned, feigning slow recognition. He was walking toward her rapidly, walking with the same angular lope she remembered, his head slightly tilted as it had always been, as if he were listening for some unexpected sound.

"Why, David," she said. "How are you?"

*Continued on page 72*

*"I thought of you every minute," she said,  
"from the first day we met."*



YOUR EASY GUIDE TO

# jazz

*Louis Armstrong • Original Jazz*



*Billie Holiday • Sung Jazz*



*Benny Goodman • Band Jazz*





*If you find it all just a noisy mystery, if you're a square to your hip teen-ager, then*

*this is for you. A cool kick may still leave you cold—but there's fun in knowing how music got that way*

By JAMES MARSHALL

During the last few years a remarkably large number of men and women have learned, for the first time, how to enjoy jazz. They have found out what it is to feel the delicate power of modern jazz, the jaunty force of Dixieland, or the plunging drive of the big jazz bands. In jazz, a serious—but not sober—art form, they have found a new world of rich emotion and unending stimulation.

Most of these people have come to jazz from that group that used to regard it as either unutterably lowbrow or unreachably highbrow. That's why their arrival on the scene, as jazz enthusiasts, is the most important thing that has happened to this music in some years.

Jazz was a rarity on television and radio only a few years ago. Now it is commonplace. Jazz records were scarce; now so many of them appear each month that not even the most eager jazz fan can manage to hear all of them. Jazz in public was confined, only a few years ago, to the odd dingy saloon; now it's played even in the greatest concert halls.

At this point, jazz is, structurally, as it has been for a long time—the improvisation on, and the elaboration of, certain popular tunes and certain basic old-fashioned blues. Jazzmen regard popular songs as handy tools, not as works of art to be revered—they use them as foundations for their own ideas. A jazzman adopts the underlying chord structure of a song, not its melody, and makes his own "tune," or melodic line.

Jazz has its own private, often-written history. "Jazz

began in New Orleans . . ." is the way it usually starts. It has its heroes; perhaps the greatest of the moment is the late alto saxophonist Charlie Parker, the father of modern jazz. It has its tragedies, such as the story of Bix Beiderbecke, a great lyrical cornet player who died in 1931 at twenty-eight after a brief career that showed incredible promise.

Jazz tends to suffer fools gladly, and it has suffered much from the oversimplifications of the people who like to explain its history. The usual jazz history makes it quite plain: first, there was New Orleans or Dixieland or improvised jazz; then came the big swing bands, such as Benny Goodman's; then came bop, the kind of music played in the 1940s by bands such as those led by Dizzy Gillespie; and then came "cool" jazz, which is being produced by the youngest jazzmen today.

The unthinking emphasis that such a sterile history places on the trend of the moment is indicative of one of the misfortunes of jazz—the willingness of enthusiasts to jettison entire bands and style simply because they are of another era. For several years in the forties Count Basie was regarded by many fans as passé because he had come to prominence in the thirties and worked in the swing style then current. He was forced by this neglect to cut down his band to a sextet and play in places he would never have considered worthy of him in the old days. Fortunately, the changed climate of jazz has helped to bring him back, and he now leads the *Continued on page 108*



Dizzy Gillespie • Bop



Gerry Mulligan  
Recent Jazz

## What we found out about you

Thirty years ago, when Canadian women and Chatelaine first met, women still had a world of their own and were content to inhabit it. Not so nowadays. Almost unanimously you, our current readers, reject the idea of boundaries to your interests or limits to your personal development.

This is the finding of a nationwide survey-in-depth conducted for Chatelaine — the first investigation of such scope ever conducted by a Canadian magazine.

Supervised by Dr. Ernest Dichter, an internationally known psychologist, a team of expert researchers spent eight months interviewing Canadian women from coast to coast. From the mass of information collected, Dr. Dichter has interpreted your attitudes, opinions and hopes. Here are the highlights of his report.

—The Editors

### YOU'RE FORWARD-LOOKING

You're as modern as the latest-model car. If you could, you wouldn't revert to an age in which women had more security in compensation for less freedom. You cherish your freedom—your right to full citizenship in the world outside your home. As a Vancouver woman explained this attitude:

"Years ago, women voted as their husbands and they in turn voted a certain way because that was the way their fathers voted, or that was the way they were brought up to think . . . Now, women do their own thinking, and vote as they see they should, regardless of what their husbands think or vote."

Far from being satisfied with the secure status of wife and mother, you demand involvement with civic, national and world affairs. Isolationism, either as a personal or political philosophy, has no appeal for you. This was plainly demonstrated by your response to the following pair of statements — one of the many that were posed.

**A.** I am convinced that man by nature is incapable of keeping the peace. Men and nations have always wanted to acquire more land, heighten their position in world affairs and increase their power. This is innate in the human animal.

**B.** While we have a number of difficult problems today to solve, I feel we will find a way to permanent peace. I think that people really do learn to respect others, even if they learn slowly.

Overwhelmingly, you disagreed with the sentiments contained in A. In so doing, you revealed to Dr. Dichter your optimism and your willingness to co-operate with other peoples in a peaceable solution to world problems.

### YOU'RE EAGER TO KNOW

You have a concern now, not just about your family, your home and your community, but also about "other people all over the world." Your appetite for information is man-sized—and utilitarian. You need to be informed about national and international affairs, you feel, to function properly as a citizen, wife and woman. Without being prompted, you told the researchers of your need for new ideas to help you meet your own, your husband's and your friends' expectations of you. As a Toronto woman put it, "When you can intertwine what you've read with what you know, you can communicate more easily." A Winnipeg wife said simply, "I have a bug about knowing so little."

### YOU'RE CREATIVE

You're bothered by a stern sense of responsibility for the emotional as well as physical well-being of your family. You expect yourself not only to keep house with style and originality, but also to be an aware wife and mother. Among the traditional ideas that you've discarded is the infallibility of parents. You raise your children, not according to a conveniently rigid set of rules, but by your own understanding of their individual needs.

To test your attitude toward your work, our researchers prepared the following pair of statements:

**A.** I try to keep my home spotlessly clean and always in perfect order. That makes for a lot of hard work and I'm very tired frequently, but when everything glitters and shines, then I'm very happy. If one is a good housewife, one cannot take things very easy as so many sloppy housewives do today.

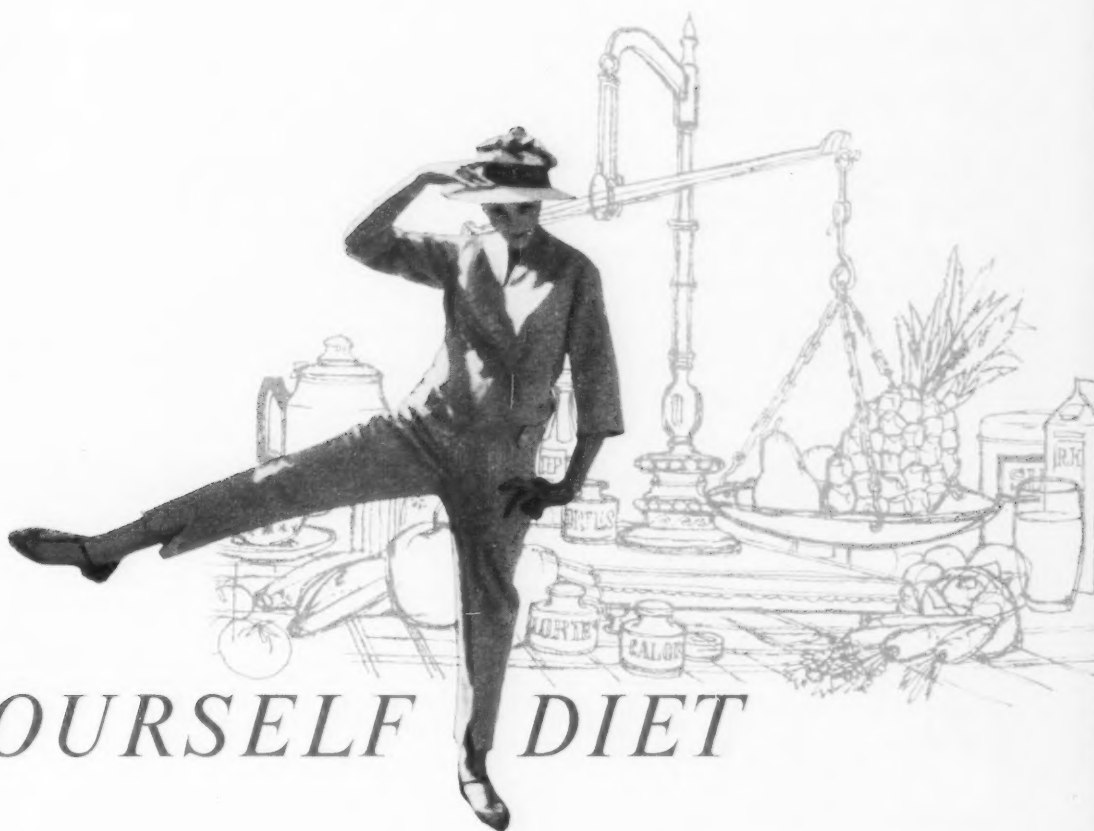
**B.** I don't let my home get very dirty, of course, but cleanliness, after all, is not everything in life. A nice cozy home is more important than one just spotlessly clean and I certainly prefer to have more time and effort for my family and other interests.

You were asked to check the state- *Continued on page 46*



Chatelaine's

## DO-IT-YOURSELF DIET



If you follow this plan you can take off ten pounds this month and keep them off

At last — a diet that works to keep pounds off. (Nearly anyone can lose weight, the problem is not to regain.) With Chatelaine's Do-It-Yourself Diet, you do the planning, therefore you acquire the built-in knowledge of how to maintain your new slimness, once you've won it. (One secret is, if you nibble, nibble wisely — see our recommended "free" list over the page.)

The diet works on the principle of choice. We list substitute foods — you choose and combine them to suit your palate, and your family's menu. For example, you

don't have to eat one grapefruit, banana, steak or scoop of cottage cheese — if you don't want to.

To start, we list a week's menus. For the rest, you fill in your own plan on pages 32, 33. You'll lose ten pounds from now to the end of September (at least two pounds a week). To go off your diet, simply add to the basic foods in it — perhaps 300 calories daily. If you hold your weight after a week or two, fine. If you gain, subtract perhaps 100. If you lose, add . . . until you've found your pattern. Then stick with it.

*Diet starts on next page*

### QUIZ: Is ten pounds worth losing?

The easiest time to lose extra pounds is *when they first appear*. This quiz will give you some clues as to whether this summer's extra ten could be the beginning of a harder-to-lose series.

- 1 At meals do you serve yourself (a) less than your husband (b) more (c) the same?
- 2 Do you usually eat (a) no breakfast (b) toast and coffee (c) juice, egg or cereal, toast?
- 3 Do you generally get up (a) from 7 to 8 (b) at 10 (c) 11.30?
- 4 Which contains most calories (a) ¼-pound T-bone steak (about half a normal serving) (b) ¼ pound salmon (c) ¼ pound chicken?
- 5 Do you (a) have a preschool child (b) participate regularly in sport or dancing (c) walk the equivalent of 12 city blocks (exclude housework) daily?

- 6 Do you think you feel aches and pains (a) more intensely than other people (b) less intensely (c) the same?
- 7 On previous diets did home crises interrupt (a) once a week (b) once in two weeks (c) seldom?
- 8 If you're pregnant do you (a) ask your doctor to help you keep your weight down (b) eat more for the baby's sake and plan to lose later (c) feel a permanent weight gain is inevitable?
- 9 Do you eat (a) quickly (b) average speed (c) slowly?
- 10 If, for a year, you ate 100 calories more a day than you needed would you (a) gain 10 pounds (b) stay the same (c) gain 3 pounds?
- 11 Do you weigh (a) more than you did at twenty-five (b) the same (c) less?

*Answers on page 46*

## HOW IT WORKS

Daily unvarying foods are already printed. You write your choice of other foods from the lists below. For breakfast choose only your fruit course, rest of breakfast does not change. For lunch, choose one meat and one vegetable as directed below. For dinner, choose one meat, two vegetables, one fruit.

**BREAKFAST:** is the same for all days, except fruit choice (see below) — ½ cup orange juice; 1 egg (poached, soft-cooked, baked); 1 slice toast (no butter); skim milk (8 oz.); black coffee or tea.

## 1st Week

	MONDAY	TUESDAY
LUNCH	Consommé Cold sliced chicken ½ tomato sliced on shredded lettuce 1 slice whole-wheat bread Skim milk (8 oz.)	1 small beef hamburger ½ cup asparagus tips ½ cup coleslaw Lemon juice 1 slice bread Skim milk (8 oz.)
DINNER	Beef liver, broiled Green Lima beans Turnips Dill pickle Minted honeydew melon Skim milk (8 oz.)	Steamed salmon Lemon wedges Spinach Carrots Fresh sliced peach Skim milk (8 oz.)

## 2nd Week

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LUNCH	<i>cold beef</i> <i>green salad</i> 1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)
DINNER	<i>lamb chops</i> <i>green beans</i> <i>broccoli</i> <i>pineapple</i> Skim milk (8 oz.)	Skim milk (8 oz.)	Skim milk (8 oz.)	Skim milk (8 oz.)
LUNCH	1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)
DINNER	Skim milk (8 oz.)	Skim milk (8 oz.)	Skim milk (8 oz.)	Skim milk (8 oz.)
LUNCH	1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)
DINNER	Skim milk (8 oz.)	Skim milk (8 oz.)	Skim milk (8 oz.)	Skim milk (8 oz.)

## 4th Week

**BREAKFAST SUBSTITUTES** (choose one of the following)  
1 medium orange OR ½ cup (4 ounces) fresh or unsweetened orange juice OR ½ grapefruit OR ½ cup canned grapefruit, unsweetened, OR 1 cup tomato juice OR ½ cup grapefruit juice.

**LUNCH SUBSTITUTES**

MEAT (125 calories approx.)

Choose ½ cup cottage cheese OR 2 ounces fish OR 1 egg OR 2 ounces (thin slice 4 by 4 by ¼ inch) chicken or lean beef.

**VEGETABLE** (choose 25 calories' worth from dinner list below)

**DINNER SUBSTITUTES**

MEAT (300 calories approx. All servings 4 by 4 by ½ inch, or 4 to 5 ounces)

Lean roast beef, steak, ground round hamburger; lean roast lamb or lamb chop; veal; liver (once a week); chicken; turkey; 2 wieners; any fish.

**VEGETABLES** (choose 75 calories' worth)

50 calories=½ cup of . . . beets; Lima beans, fresh

or frozen or canned; onion; green peas, canned, frozen, fresh; parsnip; winter squash.

25 calories=½ cup of . . . Brussels sprouts; green beans, fresh, frozen or canned; carrots; egg plant; tomato, fresh or canned; tomato juice; turnip; pumpkin.

12½ calories=½ cup of . . . asparagus; broccoli; cabbage; cauliflower; snap beans (yellow); celery; chard; cucumber; greens (spinach, endive, lettuce); kraut; green pepper, mushrooms; summer squash.



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Beef broth Cottage cheese with chives Sliced cucumber with endive and lemon 1 slice whole-wheat bread Skim milk (8 oz.)	1 wiener (boiled) Sauerkraut ¼ cup stewed tomato 1 slice whole-wheat bread Skim milk (8 oz.)	Poached egg on spinach Carrot and celery sticks 1 slice whole-wheat bread Skim milk (8 oz.)	Consommé Thin sliced beef 1 cup cabbage salad 1 slice whole-wheat bread Skim milk (8 oz.)	1 cup lobster-celery salad in green pepper ring Lemon juice Lettuce wedge 1 slice whole-wheat bread Skim milk (8 oz.)
Grilled sirloin 5 broiled mushroom caps Broccoli Carrot-pepper sticks Medium apple Skim milk (8 oz.)	Consommé 2 rib lamb chops Minted peas Cauliflower 2 apricots (water pack) — no juice Skim milk (8 oz.)	Broiled white fish Lime parsley sauce Green beans Vegetable marrow 10 fresh grapes Skim milk (8 oz.)	Chicken pieces with sweet basil, baked in foil Beets Brussels sprouts Fresh unsweetened berries Skim milk (8 oz.)	Lean roast beef Horse-radish Cauliflower Peas Green salad Cantaloupe balls Skim milk (8 oz.)

FRIDAY	SATURDAY	SUNDAY
1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)
Skim milk (8 oz.)	Skim milk (8 oz.)	Skim milk (8 oz.)
1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)
Skim milk (8 oz.)	Skim milk (8 oz.)	Skim milk (8 oz.)
1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)	1 slice bread Skim milk (8 oz.)
Skim milk (8 oz.)	Skim milk (8 oz.)	Skim milk (8 oz.)

**FRUIT** (choose 50 calories' worth)  
50 calories=1 medium apple; ½ cup apple juice; ½ cup unsweetened applesauce; 3 fresh apricots; ½ cup apricots, water pack; ½ cup fruit cocktail, fresh or water pack; ½ cup grapefruit, unsweetened; 1 fresh tangerine; 1 medium orange; ½ cup peaches, water pack; 1 medium fresh peach; ½ cup pears, water pack; ½ cup fresh pineapple; 1 slice pineapple, water pack; ½ cup pineapple juice; 2 fresh plums; ½ cup plums, water pack; 10 grapes.

25 calories=cantaloupe or honeydew (½ cup or ¼ small melon).

*My starting weight*.....

*My bonus*.....

## DIET TIPS

Serve with measuring cup in hand, don't guess.

Meat, fish, poultry should be broiled, baked, roasted or simmered. Cut off outside fat.

Use no butter or added fat.

Drink skim milk or buttermilk.

Drink your coffee or tea clear.

Have all the consommé or bouillon you want (good for a bedtime snack if you must have one).

Use salt and pepper in moderate amounts. If you want soft drinks, choose the noncaloric kinds or lemonade made with noncaloric sweetener.

For salad dressing use lemon juice; or mix vinegar, water, salt, pepper and a little noncaloric sweetener.

Promise yourself a bonus (nonfood) for success — write it down in the space below.

## BE A HAPPY NIBBLER

You can safely nibble as much as you want of the foods listed "YES"—but no others. For comparison, we list some of the high-calorie snacks to avoid.

### YES

6 six-inch carrot sticks .... (25 calories)  
6 cucumber sticks ..... (10 calories)  
6 radishes ..... (12 calories)  
Water on the rocks ..... ( 0 calories)  
6 celery sticks ..... (12 calories)  
1-inch cube lettuce ..... ( 3 calories)  
½ cup cauliflowerettes .... (12 calories)

### NO

Potato chips ..... ( 12=100 calories)  
Salted peanuts ..... (1 oz.=160 calories)  
Olives ..... (6 medium=65 calories)  
Cola (8 ounces) ..... (100 calories)  
Plain milk chocolate  
bar (1½ ounces) ..... (225 calories)  
Fig bar cookies ..... (1=70 calories)  
Doughnuts ..... (1=210 calories)



John Sebert

*"To have opened a small closed mind,  
to see her smile serenely, is my compensation."*



● The enumerator gave me a cheerful smile. "Miss Rose Barton? And Mr. William Barton—father and daughter. Anyone else of age?"

"No." I glanced toward the child racing up the street.

"Mummy!" she yelled. "Mummy, wait, I wanna ask you something!"

I waited. The enumerator's smile went crooked and, as he turned away, the lift of his eyebrows implied that I was a character who had carried her eccentricity too far. The child whirled past him with a brisk "Hello!" and flung herself, a sixty-three-pound bomb, against me. She looked up with bright joy and considerable dirt on her rosy freckled face. Her lovely eyes were shining. She panted, "I just wanted to tell you that I love you—and can we have jelly for supper—and do you love me, too?"

"Jelly for supper, and don't I wash your dirty feet?"

She laughed and was gone, her little legs pumping her along to the group of playmates. Her name is Lorie, she is just ten years old, and she's mine. Rather, I am hers.



# The child who adopted me

LORIE WAS EIGHT, NEGLECTED AND THE LONELIEST HUMAN BEING

I HAD EVER SEEN. I WAS FORTY, UNMARRIED, UNWILLING TO ACCEPT

THE RESPONSIBILITY OF A CHILD. BUT HOW COULD I TURN MY BACK

ON HER PATHETIC HELPLESSNESS, HER FIERCE ATTACHMENT TO ME?

*By Rose Barton*

Eighteen months ago I arranged to care for the daughter of a friend while my friend paid a ten-day visit to a hospital. Little Anne, a tender-hearted youngster of eleven, wasted no time bringing home for lunch the dirtiest waif from the local playground. The waif said she was eight years old, the eldest of five children. Under a rat's nest of dirty brown curls was a pinched, sallow, foxlike face. Large blue eyes looked out from the dark hollows of nervous exhaustion. She was woefully undernourished; malnutrition had bent her thin legs for life. She was not only the dirtiest child I ever had seen, but also the loneliest human being I ever had met. Lorie sat stiffly in our kitchen, her hands clenched in her lap, shoulders hunched, her attention darting from one thing to another. Her mind seemed in a perpetual flutter of acute apprehension.

Every day this waif came to play with Anne. The day Anne went home—several miles across our northern Ontario town—I told Lorie that she must now find other playmates. I was happily busy in my job as saleswoman which, though it allowed me to choose my own hours, nevertheless required some appli-

cation to earn a commission that would support me and my retired father. And, at forty, I had grown used to adult company only, although I loved being Auntie Rose to all the children of my friends.

I told Lorie five or six times in two days that Anne was gone before realizing that Lorie meant what she said—"I just want to be with you." She perched on our front steps, on our back steps, or waited for me at the corner of our street. She telephoned at all hours to ask if she could visit me. I was vigorously haunted, with determined cheerfulness and unwavering persistence, by a tiny creature whose eyes were like two begging hands, imploring me not to send her away. Sending her home hurt me for I could tell by her look, by the smell of her dirty torn clothes, what sort of place she called home. I washed her often and vigorously. She loved it. Every look, every word I gave her, she pounced on like a beggar on a crust.

In the hope of discouraging this disturbing little visitor, I never gave her a penny, a candy, or a smile. She was washed, then coolly tolerated. In her pathetic *Continued on page 101*



# The Art of Country Cooking

*Come to the Fall Fair—as we did—and share these never-fail*

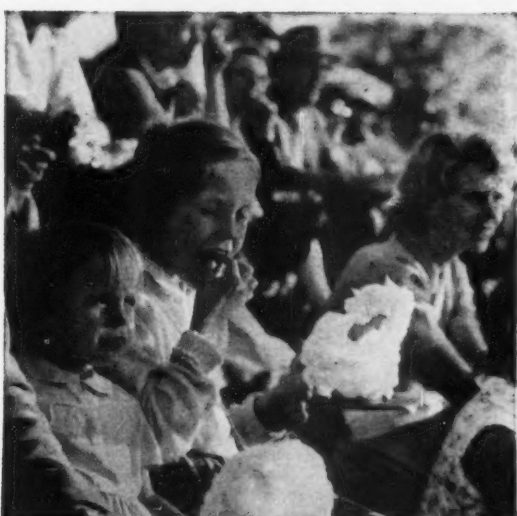
*recipes from prize-winning cooks across Canada*

By ELAINE COLLETT, Director Chatelaine Institute

PHOTOGRAPH BY PETER CROYDON







PHOTOGRAPHS BY WALTER CURTIN



Who doesn't cherish a memory, often tucked away from childhood, of good country cooking? The rich fragrance of fresh-baked bread . . . a luscious chocolate cake . . . crisp molasses cookies picked by the handful from an earthen crock?

When Chatelaine decided to recapture those good country dishes for your recipe file, where better could we look than on the tables and counters of Canada's fall-fair contest booths?

So we went to the Fall Fair, and we asked representative winners across the country to share their own particular prize recipes—and cooking secrets too—with us.

Here then are the results of their generous co-operation: recipes for twenty-one country favorites, ranging in variety from butter tarts to green-tomato pickle.

Fall fairs are a Canadian tradition, dating from the first one in 1765 at Windsor, N.S. Now, besides the mammoth exhibits like the Canadian National Exhibition and Vancouver's Pacific National Exhibition, there are more than three hundred local fairs held from Newfoundland to British Columbia through early and late autumn. And it was to these we went for our collection of winners.

One of our experts is ten-year-old Mary Hillson of Salmon Arm, B.C. Her specialty—bran muffins.

In every case our winners were happy to give us their secrets. As one woman expressed it, "I'm not much for publicity, but then I thought how selfish not to share my recipe with other Canadian women."

Prize winners and their recipes on page 89

*From left: Manitoba Lemon Pie; Saskatchewan Butter Tarts; B. C. Bran Muffins; New Brunswick Milk Rolls; New Brunswick Molasses Cookies; Alberta Chiffon Cake*

*picks best buys for fall '58*

VIVIAN WILCOX PREVIEWS

THE CANADIAN MARKET,

RATES THESE 20 TOPS FOR FASHIONWISE SHOPPERS

photos by Paul Rockett.







Printed wool jersey dress in tones of blue —lightly bloused bodice, lined. It's by Algo Jr. In sizes 7 to 17. At about \$25.



Deeply bloused dress in black wool crepe with braid-edged neck and sleeves. By Mr. Mort. Sizes 5 to 17; 8 to 18. About \$35.



Fitted front, flowing back — in a trapeze evening dress of red rayon and silk by Starcraft. Comes in sizes 8 to 16. About \$55.



Emerald green dance dress, the skirt side-bowed and lined to hold its pear shape. By Ricky Formals. Sizes 7 to 15. About \$45.

Left: high-waisted Empire coat in sapphire blue by Lou Larry. Petite sizes 8 to 18. About \$69.95. Muff, Eaton's.  
Hats with the Best Buys, by Peggy Anne; shoes from Antonio's.

Right: black wool jersey dress with hemline pouf of taffeta, taffeta bows on the pouf, buttons down the back. It's a Ricky Formal. Sizes 7 to 15. About \$39.95.



continued

*best buys* CONTINUED



Costume suit in nubby red tweed made in England by Brenner. Paisley-patterned wool challis blouse matches the jacket lining. Sizes 8 to 16. About \$110.



Go-everywhere coat in black ribbed English worsted with bright-red wool jersey lining. By Mayfair. In sizes 10 to 16. About \$100.



Green soufflé coat with deep folds at the back, scarf tie. By Wilson, sizes 8 to 16. About \$95. In smooth wool, about \$79.95.



Grey flannel suit — 1958 version — has a short, easy jacket, trapeze pleated skirt. By Lou Larry. In sizes 8 to 18. About \$35.



Big enveloping coat in sapphire-blue wool with wide collar, pockets. Made by Brenner in England. Sizes 8 to 16. About \$110.



Double-breasted coat with drawstring panel at the back. In Jacqmar's Oxford grey wool. By Mayfair — sizes 10 to 16. About \$115.



Winter suit with stroller jacket — black and ruby mohair-and-alpaca. By Lurie and Saunders. In sizes 8 to 16. At about \$95.





Blue suit designed by Pierre Cardin. Made in Canada by Mayfair, of French wool-and-angora. Sizes 10 to 18. About \$85.



Black and white diagonal tweed dress with slenderizing panel of wide black grosgrain. By David Taub. Sizes 10 to 18. About \$45.



Grey wool tweed dress, bloused and tied at the back. Beads are covered in the fabric. Klever Klad. Sizes 7 to 15. About \$29.95.



Two-piece dress of pumpkin wool jersey—Mittin-mothproofed, belted at the hipline. By Wolcraft in sizes 8 to 16. About \$25.



Figure-flattery in a dress of sheer wool with contour belt, Pellon-lined skirt. A Leslie Fay. In sizes 7 to 15. About \$40.



Long-torso dress with deep hemline flounce. By Mr. Mort in striped tan wool. Two size ranges: 5 to 17 and 8 to 18. About \$39.95.



Lots of style—little money.  
Blouson in dark-green  
plaid wool—bowed and  
tabbed. By Orchid.  
Sizes 5 to 15. About \$19.95.

Best Buys available at—see page 70

# HOW TO TALK TO A MAN ABOUT FOOTBALL



Huntley Browe

By TRENT FRAYNE

*Are you a gridiron widow? Do you feel out of it when he discusses touchdowns and T-formations? Here's where you can learn all you really have to know about the game—the easy way*

There is really only one fundamental point to be remembered by any woman determined to look and/or sound intelligent during a conversation on football while (a) seated in the stands during a game or (b) balancing her drink in a post-game scrimmage in somebody's living room; nobody outside the game really knows very much about it.

Football has become a social as well as an athletic event in this country and it's therefore necessary for women, if they expect to edge into the conversation at all, to know a little something about it. But they should not be cowed by the apparent profundity of some mere male. The truth is that football is simply too complicated a game for any nonparticipant to know precisely what is going on in that fusion of twenty-four bodies on every play. This is one reason that coaches endlessly study movies of all their teams' games; even they aren't sure what happened until they've studied the game minutely on film.

To begin at the beginning, there are only nine teams in the country that you need worry about. These are the professional teams of the Canadian Football League, each of whom spends half a million dollars a year for players and adhesive tape strong enough to win the Grey Cup. The CFL was formed last March when executives of the eastern Big Four league and the Western Conference joined forces under the one banner with Winnipeg lawyer Sydney Halter as the commissioner.

In the Western Division are the Vancouver Lions, the

Edmonton Eskimos, the Calgary Stampeders, the Saskatchewan Roughriders and the Winnipeg Blue Bombers. The old Big Four, now the Eastern Division, is comprised of the Montreal Alouettes, the Hamilton Tiger-Cats, the Ottawa Rough Riders and the Toronto Argonauts.

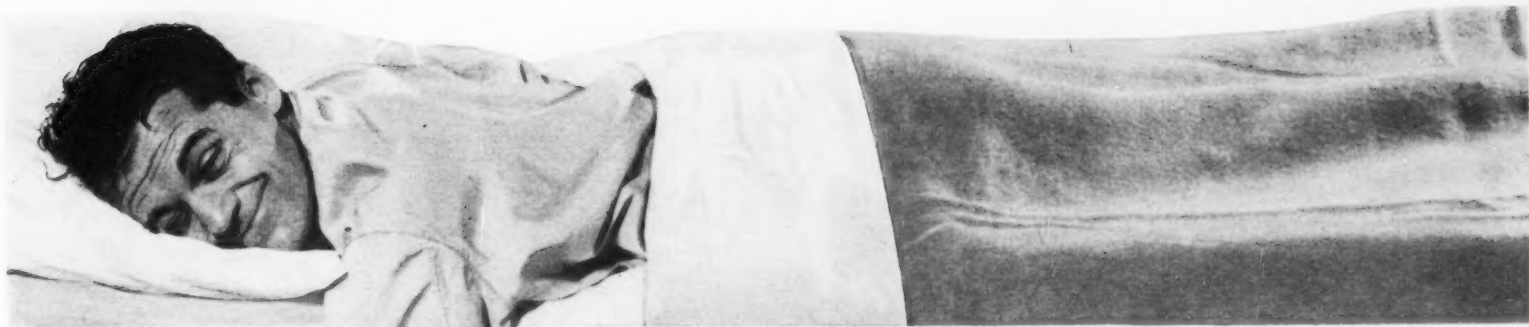
Every year the Grey Cup game is played on the last Saturday of November as an excuse for everybody in Canada to lay the groundwork for the year's greatest mass hang-over, which is always staged on the morning of the last Sunday in November. The participants on the field are the champions of the two divisions, arrived at by a schedule of games followed by play-offs in their own leagues. Last year the Hamilton Tiger-Cats whipped the Winnipeg Blue Bombers as the two champions met in Toronto's Varsity Stadium. This fall the eastern and western winners will play in Vancouver's Empire Stadium, and distillers are already dispatching their ace salesmen westward to be prepared.

The top players are mostly American imports, although there are any number of excellent Canadians, too. Each team is permitted twelve Americans, who earn anywhere from eight thousand to seventeen thousand dollars a year. The highest-paid players in the country are Jackie Parker of Edmonton and Sam Etcheverry of Montreal, both quarterbacks. Players such as Paul Cameron of Vancouver, Ken Carpenter and Frank Tripucka of Regina, Kenny Ploen of Winnipeg, Kaye Vaughan of Ottawa, and Hal Patterson and Red O'Quinn of Montreal make

*Continued on page 48*

**What are the names of the plays you should know?—page 48. What do the referee's signals mean?—page 50**





*Wake up, Henry!*  
*...it's time for*  
**Sunday "BRUNCH"**

It's great to sneak those extra minutes in bed on Sundays, but Henry is wide awake now. It's "Brunch" time and his turn to make the pancakes for the family . . . golden brown Aunt Jemima Pancakes, hot from the griddle and glistening with butter and syrup! *That's* worth getting up for!



*Shake up a batch  
 this weekend!*

1. Put 1 cup milk, 1 egg and 1 tablespoon liquid shortening in shaker.
2. Add 1 cup AUNT JEMIMA PANCAKE MIX.
3. Now the fun! Shake vigorously ten times.
4. Pour batter onto griddle. Perfect pancakes every time!

**Aunt  
 Jemima  
 PANCAKES**



FOR SUNDAY "BRUNCH" SERVE AUNT JEMIMAS—REGULAR, BUCKWHEAT OR BUTTERMILK



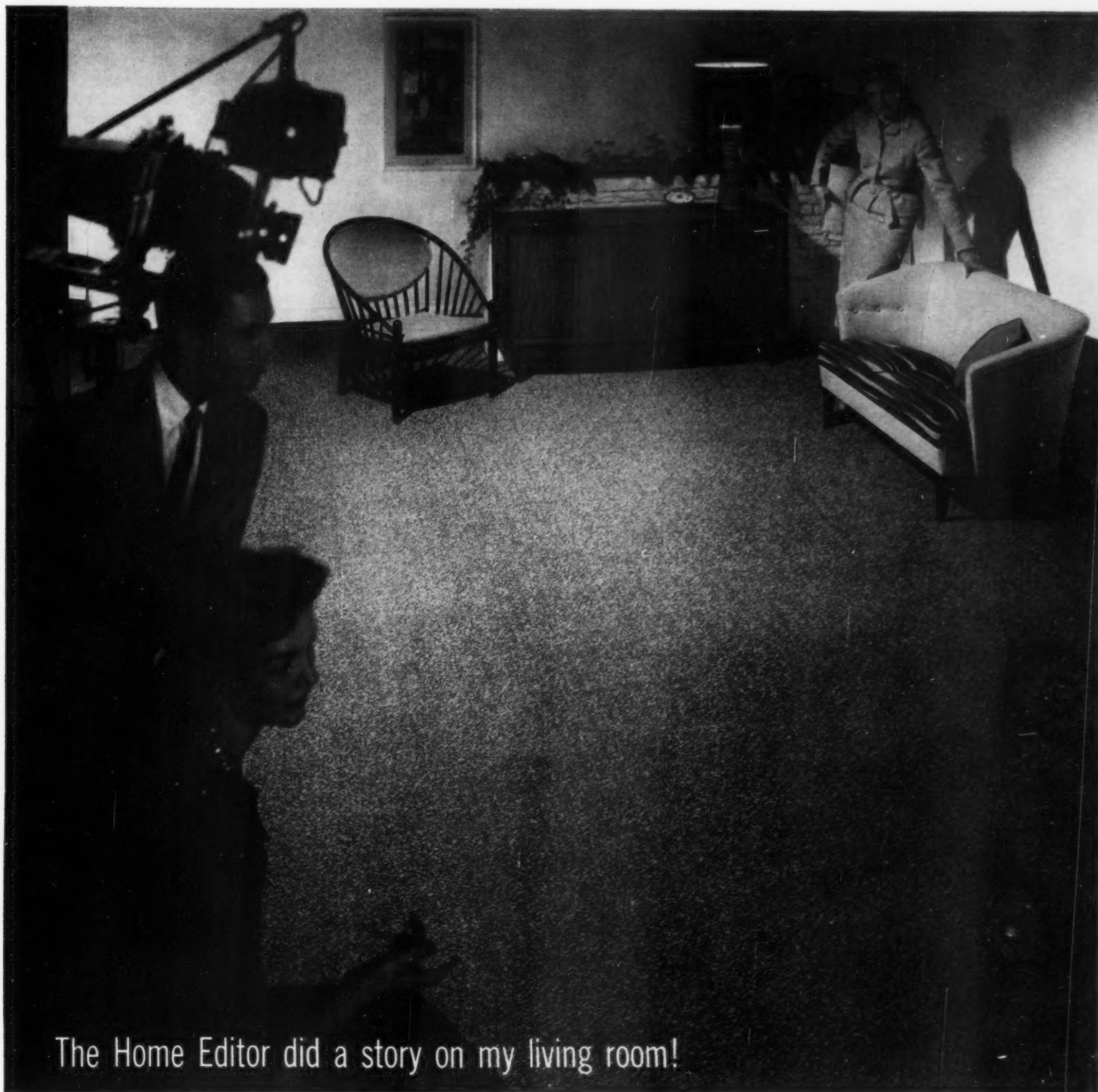
*Chatelaine Beauty*

# Beautiful Eyes

THE SECRET IS COLOR *By Vivian Wilcox*

All eyes can be made to appear more colorful, more lustrous, more expressive. With just a smidge of dark-grey, brown, or deep-blue shadow, prominent eyes seem to recede. And with a light foundation or light-reflecting make-up on the lids, deep-set eyes seem more prominent. Skillful use of eye pencil beginning at the centre of the lid, next to the lashes and extending beyond the outer corners, makes close-set eyes seem farther apart. A touch of blue or green on lids and/or lashes enhances the color of any eyes. And clearly defined brows (they should begin directly above the inner corner of the eyes) give more expression to the face. Today women are paying greater attention to eye make-up than at any time since Queen Nefertiti darkened her brows with kohl. And she would envy us the array of mascaras, shadows, pencils, tweezers, eyelash curlers — and even false lashes — available today. You can match eye coloring to the color of your eyes, your hair, your clothes. You can even get fourteen-carat-gold shadow for specially glamorous occasions. And these cosmetics have been made almost as simple to apply as a lipstick — some shadows even work like lipsticks. It's up to you! A little time — a little experimenting — and you'll find your eyes look lovelier than you ever dreamed they could be.



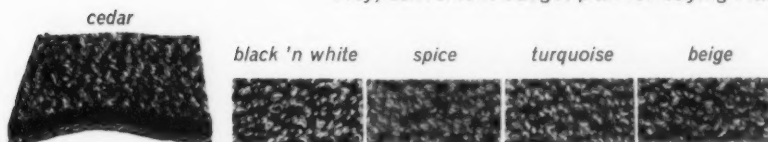


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**TASTES GOOD  
—DOES GOOD**

2C-19

## WHAT WE FOUND OUT ABOUT YOU

Continued from page 30

ment that most closely coincided with your own feelings. You chose **B**, thereby revealing your determination not to be merely a housekeeper, but rather to perform the creative work of homemaking. In your household, it's plain, children are not only seen and heard, but also listened to. A pleasant home, permitting give and take among the family, is more important to you than an immaculately groomed house. As a Kingston, Ont., woman explained, "Our families don't want us just to scrub and clean and bake and mend all the time."

### You're self-interested

Far from being a faithful family retainer, you have developed a sturdy regard for your own interests. Witness the shrewd observation of a London, Ont., woman:

"The family will never expect you to rest, but will tell you to do so. You yourself must decide when the time is right and make a practice of allotting time to a rest during the day."

This attitude, as Dr. Dichter points out, is a far cry from your mother's and grandmother's. Their efforts to

"please and satisfy the family" were the "start-all and end-all" of their existence. They relied entirely on their husbands' and children's opinions of them for their own self-esteem.

Your ego no longer feeds exclusively on your family's approval. You introduce yourself to ideas and you have confidence in your own judgment and taste. Nowadays, according to a Willowdale, Ont., wife, husbands aren't the only ones who are occasionally late for dinner. Sometimes it's the wife. In this woman's household, whoever gets home first prepares the meal. Her husband also "helps with the dishes and housework."

This is one aspect of your partnership marriage. Another is your willingness to help finance it. In the view of a Kingston, Ont., wife:

"If a woman does not get out and get a job before her family arrives, and help her husband get a start, it is unusual. People look on her as lazy."

Even the women of traditionalist Quebec agreed with the general consensus that "it is normal for a married woman to have a job."

### You're proudly Canadian

Your elevation to first-class citizenship has been accomplished, you feel, in a properly gradual and constitutional way. It's the Canadian way. You

prefer it to the revolutionary means by which U.S. women accomplished their emancipation.

You admit that your U.S. neighbor is more independent, socially and economically, than you. Greater recognition in public life has come her way than yours. She's brisker about accepting new ideas. Whether it's turning up hems or trying out new theories of child-care, she shows an alacrity that comes from self-assurance. You'd like some of her dash.

But you wouldn't change places with her. You prefer a slower pace than the U.S. woman has set herself. You feel that your stability is superior to her speed. Moreover, you see her as having lost some of her individuality in the pursuit of physical beauty and financial success. You don't want to be cut from the same mass-assembled pattern. As a Toronto woman summed up your attitude:

"The average American woman seems more worldly than the Canadian but I think the Canadian woman is happier and more content."

Your national individualism is not just important; it's essential to you. "We must be ourselves," you said. Your development, you observe with pride, coincides with the growth of this nation.

To be a Canadian woman in 1958 is a challenge. You accept this challenge with excitement. ♦

## IS 10 POUNDS WORTH LOSING?

Answers to quiz on page 31

1a—A normal man uses 3,000 calories daily, a woman 1,800, owing to differences in metabolism. Brides often gain because they cook a good meal for their husbands, share the same generous portions. Also, if a husband and wife are on identical diets, he will lose more—and may think she's cheating, which she isn't.

2c—Surprisingly, overweight people often skip or skimp on breakfast and lunch, but overcompensate from dinner on. Three good meals at regular hours provide better nutrition, fewer calories. Irregular eating invites overweight.

3a—Otherwise you haven't time to eat a proper breakfast, lunch, dinner at regular times. Also, the later hours suggest you're not active enough.

4a—Be calorie-wise. The steak has 300 calories, salmon 225, chicken 200.

You don't have to eat steak to reduce.

5a, b, c—If you can't say yes to at least one of these, chances are you aren't getting the minimum activity you need.

6c—Of course, people can feel pain more acutely for a number of reasons, but overweight people feel discomfort and complain of small aches more than those of normal weight.

7c—Overweight people often use food as a comforter in a crisis. Some seek excuses not to diet, so that moving day, a brief family illness, extra work all become crises instead of being taken in stride.

8a—(b) won't help the baby, and is hard on you. (c) outdated today.

9c—The more slowly you eat the more chance you give the appetat (mechanism governing appetite) a

chance to signal a full feeling during the meal, when you can still stop eating.

10a—It takes only 3,500 extra calories to create one pound of fat. Your extra 100 calories (3 cookies or ¼ piece of pie) add up to 700 a week. Multiply this by 50 weeks and you have 35,000 calories or 10 pounds a year. No wonder 20 extra pounds often seem to appear like magic.

11b—Provided your weight was normal at twenty-five, this is what you should weigh for the rest of your life. Middle-age spread results from the habit of eating the same amount of food as in more active, youthful years.

More than three wrong answers and you could be heading for permanent overweight. Better check honestly your full-length mirror and scales.



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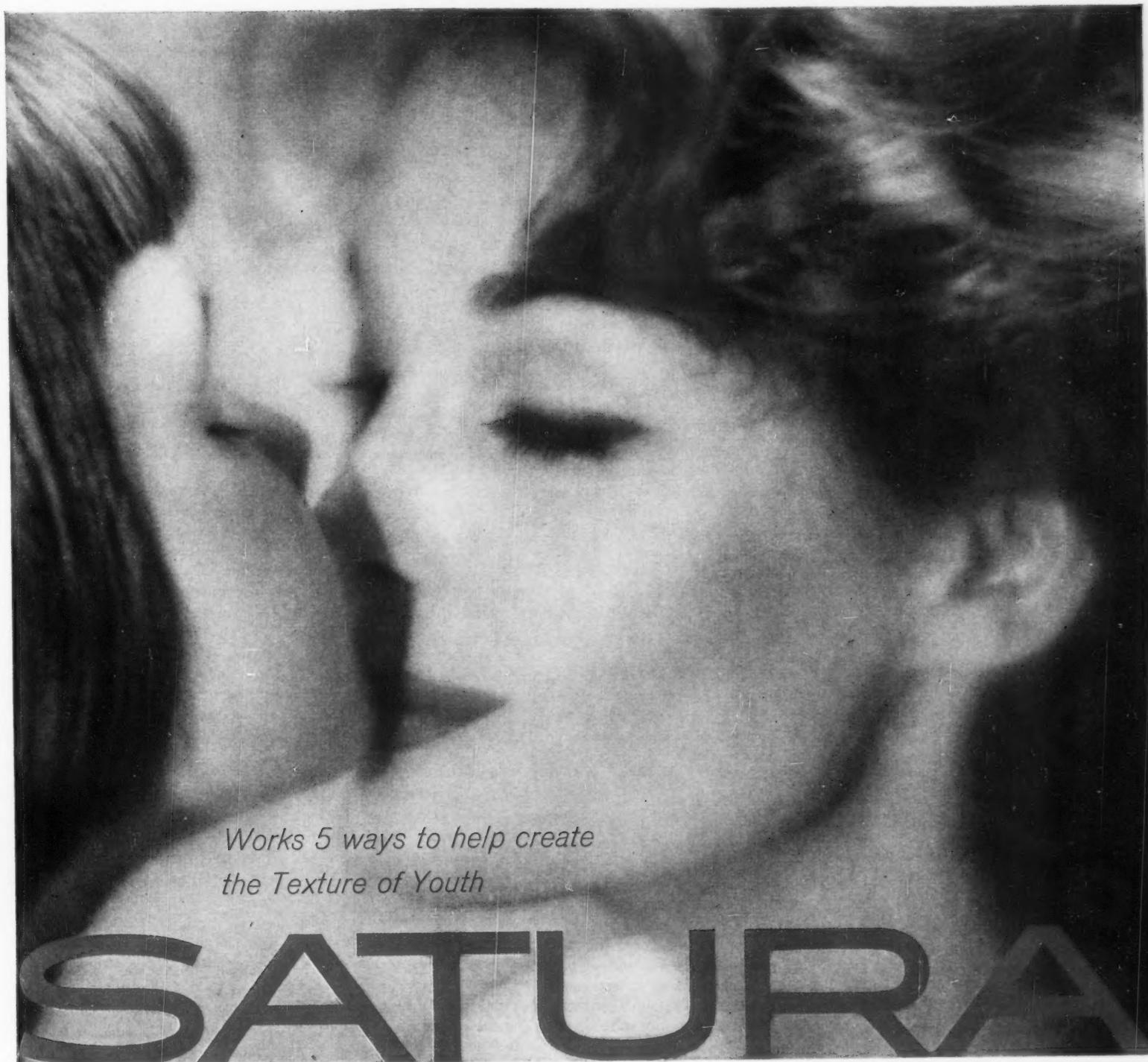
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*Works 5 ways to help create  
the Texture of Youth*

# SATURA

Another scientific discovery!

Skin-Specialists uncovered the *real* reason why complexions lack the freshness of *youth*. It isn't the lack of natural oils that makes skin look dry, lifeless . . . that causes premature wrinkles and "crow's feet".

*It's the lack of moisture!*

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## HOW TO TALK ABOUT FOOTBALL

Continued from page 42

between twelve thousand and fifteen thousand a year.

Most Canadians combine a job with their football so really don't suffer financially, although paid substantially less than the Americans for their football efforts. The two highest-paid Canadians are Normie Kwong of Edmonton and Gerry James of Winnipeg, who collect in the neighborhood of thirteen thousand each. The vast majority of Canadians settle for a third of that.

So much for the generalities. In the game itself, the object of the team with the ball is to advance it a minimum of ten yards in three plays or less. If it doesn't gain the required ten yards, the other team gets the ball. Each play is called a down. Thus if you advance the ball four yards on the first play, you come up to second down and six yards to go, or second and six. If you go four more yards on the next play, the situation becomes third and two. Now if you make the two yards, you've gained the required ten and have achieved a first down. That enables you to start the process over again.

### What to look for

Chances are, though, that when the situation was third and two you'd decline to gamble on making two yards on that third play because if you didn't make it you'd lose possession of the ball to the other team at the point where you were stopped. So what usually happens is that your team's kicker is called on to punt the ball down the field so that the other team has forty or fifty yards farther to go when it gets possession and begins working its way back up the field.

Things to look for from the stands, and to talk about afterward, are the methods by which the offensive team tries to advance the ball, and the methods by which the defending team tries to prevent it. Every team has a pattern of plays, called its offense, and the manner in which it lines up to execute these plays usually determines the name of the offense. For example, a so-called "tight-T" formation is one in which the linemen crouch along the line of scrimmage shoulder to shoulder (tight). The

quarterback stands directly behind the centre and the halfbacks line up abreast behind him, thus forming a letter T in this fashion:

```

XXXOXXX
  X
      X
X X X
    
```

The man off to the right there is the wingback, a creature who doesn't exist in American football from whence the T-formation came.

If you've been wondering about the split-T, the famed offense of the Edmonton Eskimos, that formation got its name from the fact that the linemen do not line up shoulder to shoulder, but are separated — or split — about a yard apart, thus:

```

X X X O X X X
      X
X X X
    
```

No football fan should be distressed if she finds trouble in following the ball once the quarterback gets it from the centre to start the play. Faking is the quarterback's

stock in trade, and if he can sometimes fool the opposition into believing that he has handed the ball to the left halfback when actually he has given it to the right halfback, then surely the fan ought to be forgiven thinking the same thing. Sometimes the quarterback will fake giving it to both, and then suddenly will throw it downfield to one of his ends, instead. The man to watch, if you'd like to confound your husband by diagnosing the play before it develops, is the wingback.

The wingback, lining up wide as shown in the diagrams, is usually the key man in the development of any play, a fact that is known by very few fans and therefore one with which you can usually amaze an audience.

So you're watching him as the ball is snapped. If he runs forward to the line of scrimmage, he's doing it to block the opposing team's end, to prevent that end from tackling his own team's ball carrier. Therefore, it must be a running play or else there'd be no need to block the end. Now, if he runs to his right toward

## FOOTBALL TERMS YOU SHOULD KNOW

**Touchdown**—When ball is carried or thrown in a completed pass across the goal line. Six points.

**Convert** — After touchdown, referee places ball on 10-yard line, from which point centre snaps it back seven or eight yards to kneeling player who holds it for kicker. Ball must be kicked between the goal post and over the crossbar. One point.

**Field goal**—In position described in convert, but from any point on the field and usually on third down, kicker must put ball between uprights and over bar. Three points.

**Single**—Ball kicked over goal line and beyond end zone, which is 25 yards deep. One point.

**Rouge**—If a kick is caught in the end zone, defending player tries to run it back across own goal line. If he's tackled behind the goal line in the end zone, he's rouged. One point.

**Statue of Liberty**—Invariably referred to on sports pages as *ancient Statue of Liberty*. Quarterback holds ball aloft in one hand,

apparently looking for a pass receiver. This spreads out defense. Then an end or a back runs behind quarterback and takes the ball from him for a sweeping run.

**Hand-off**—Quarterback, taking ball from centre, hands it in split-second timing to back brushing past him to plunge into the line.

**Pitchout**—Quarterback, usually after faking a hand-off, hurls the ball underhand, like a softball pitcher, to back sweeping wide eight or ten yards away.

**Screen pass**—Quarterback flips ball, overhand this time, to the side to waiting back. Two or three blockers form "screen" of defense for pass receiver who runs with the ball.

**Mousetrap**—Or simply trap. Lineman of defending team is allowed by offensive team's lineman to leap through unopposed into offensive team's backfield. Timing and direction of ball carrier is such that he dashes through hole vacated by defending lineman who has trapped himself out of position.





447 Hoedown 482 Outer Space 483 Choo-choo Train 449 Wolf 486 Fleur de lis 448 Golf 445 Oil Derrick 484 Hoedown 446 Holstein Cow

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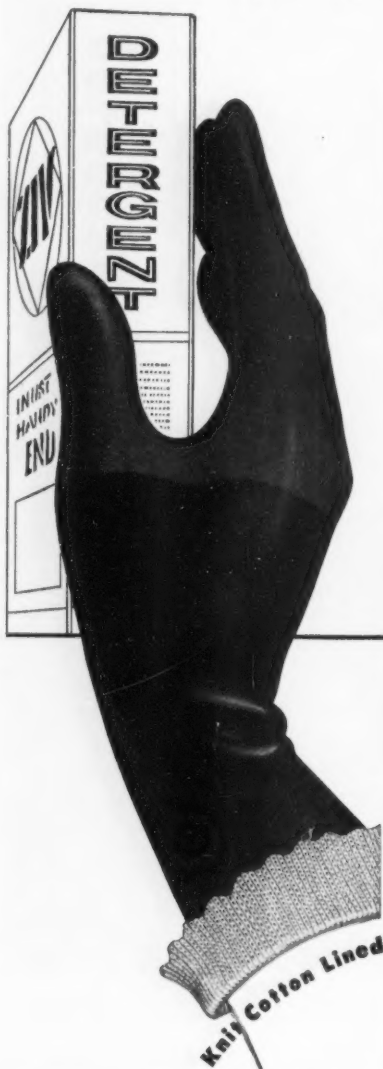
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the sidelines, or if he runs forward beyond the line of scrimmage and on down the field, he must be doing so in order to catch a pass, or at least to serve as a decoy on a passing play. That's the obvious deduction because by running wide, or by running downfield, he is in no position to block any of the opposing players. So, by watching the wingback, you can immediately cry triumphantly (or observe with withering ennui), "It's a pass play," or, "They're running with it," to the utter consternation of the windbag in the row behind.

Just as the offensive team has a style and pattern of attack, the defensive team is not playing the game by ear. Defensive alignments are just as carefully worked out by the coaches as the offensive patterns are. The twelve defenders are arranged in three lines of defense: the line, the secondary, and the tertiary. In common usage the secondary men are called linebackers, and the tertiary boys are called safety men, safety backs or simply safeties.

Thus when somebody remarks that "the Eagles are using a five-four-three," you'll know that what he means is that the defensive team has five men on the line of scrimmage, four men as linebackers, and three men as safeties, thus:

```

X X O X X
X   X X X
X   X
X

```

Once the offensive team puts the ball in motion, the defensive team strives to diagnose the play. If it's a running play, the linebackers move up to plug the holes in the line and/or to help the linemen bring down the ball carrier. If it's a pass play, the linebackers are moving to cover any man who comes into their territory to take short passes. The three deep men are moving to cover offensive players running far downfield for long passes. By prearrangement, each defensive man knows which offensive man he is responsible for, so that if three offensive men, such as the two ends and the wingback, "flood" or move into one area, each defensive man picks up his own particular responsibility.

Accordingly, if you're watching a game and notice that, say, Sam Etcheverry of the Montreal Alouettes is completing a number of passes just over the centre's head to his end

Red O'Quinn eight or ten yards beyond the line of scrimmage, you'll know that O'Quinn is somehow fooling the middle linebackers. By watching O'Quinn then, you'll see how he does it.

John Kerns, the former assistant coach of the Toronto Argonauts, who now is a half-time commentator on television, did that in reverse a

couple of seasons ago, and looked like a genius for his trouble.

It was 28 to 0 for the Argos over the Alouettes at half time when Kerns went on the air.

His interviewer, Byng Whittaker, suggested that there wasn't much point in speculating about the outcome of the game, because Etcheverry had completed only two passes in the

## WHAT THE REFEREE'S HAND SIGNALS MEAN



Either arm straight out: rough play by team referee points to. Arm rotated in circular motion: too long putting ball into play.



Striking back of knee with hand: clipping or blocking from the rear.



Hands rotating with palms facing, in chopping manner: crawling or piling on.



Hands on hips: offside.



Folded arms: "No yards" on kicked ball.



Both arms extended above head: a score.



Grasping of one wrist: holding, illegal use of hands.



Shifting hands in horizontal plane: incomplete pass.



Both arms straight out: illegal forward pass.



Hand patting top of head: too many men on the field.



Hand to head in salute: talking.



Chopping left wrist with right hand: player ruled off.



Pushing movement of hands to front: player illegally in motion.



Making horizontal arc with either hand: off-side pass.



Pushing hands forward from shoulders: illegal interference.

It takes 20 ounces  
of sunshine-fresh tomatoes  
for each 10 ounce tin of  
**Aylmer Tomato Soup**



**AYLMER ASPARAGUS CREOLE**

Gently fry in 2 tbsps. butter  
1/4 cup each of sliced onions, mushrooms,  
green pepper and celery. Season lightly with salt,  
pepper, Accent and ground cloves. Add one  
tin Aylmer Tomato Soup. Stir until blended.  
Serve over hot Aylmer Asparagus Tips.

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TC 259

first half and was obviously having an off day.

"On the contrary," said Kerns, surprisingly. "I predict Etcheverry will complete ten straight passes, all of them short over centre, in the second half. Unless the Argonauts get another touchdown, I think the Alouettes will win."

Astonished, Whittaker asked Kerns to explain his reasoning.

"Well, in setting their defense for

this game, the Argonauts have placed their middle linebackers right up close behind the line," said Kerns. "That's leaving a big hole behind them that Etcheverry, to this point, hasn't exploited. I expect the Alouette coaches will have spotted it by now and are telling Etcheverry to try some short passes."

To people watching that particular telecast, Kerns must have looked like a prophet as the second half began. Etcheverry completed nine straight

passes to ends Red O'Quinn and Hal Patterson, and wingback Joey Palcutting across behind the linebackers. The Alouettes won the ball game 31 to 28.

Now, no woman wants to know *that* much about the annual autumnal madness, for the mere male has to be left *some* pride. But, by the same token, there's no reason for him to suspect he married a mannequin. Surely this is one case where a little knowledge isn't a dangerous thing. ♦

## THE PROBLEM OF INFERTILITY

Continued from page 13

unable to produce a child. We can have another couple, also physically in the same category, who defy all the rules of ovulation and rhythm. This wife can get pregnant any time in her cycle. Between these two extremes all other couples are placed.

When a man and woman marry they can have no idea whether they will be fertile or not. If they come from large families they take it for granted they will have no difficulty, but this does not always hold true.

Every couple before marriage should go to a doctor to see that they are both in good physical condition. Then, when they are anxious to have a child the wife should return again to make sure she is still physically normal. The average length of time it takes a woman to become pregnant is six to nine months. If, after a year, the wife is still not pregnant, then I believe a very thorough investigation should take place. This includes physical examination of both husband and wife, investigation to make sure there is no blockage, and to make sure that the vaginal secretion is not killing the sperm, as well as making sure the woman does ovulate.

The problem of infertility is different for the woman who lives in the city and the woman from the small town or country. In the city a woman can keep herself so busy with volunteer work that she can avoid facing the idea that she is not able to become pregnant. She can go on suggesting to her friends and acquaintances that she is too busy right now and she is postponing a family for another year or so. The humiliation and grief of her

childless state does not become either a topic of conversation or an accomplishment at which she has failed.

But the women in the country and small towns who do not have their children at a time when the community thinks they should, are in another situation. They have to face the gossip of the older women and the prying and chitchat of the younger ones. It is also more difficult for the country women to get to doctors who have the time and interest and knowledge to help them. But they must persevere, for there are always those who are interested and do know.

Fertility has a whimsical quality about it. Just when you are counting on its absence there it is. There's an old wives' tale that women in the menopause become more fertile. This is nonsense. The truth is that these

women have given up all thoughts of becoming pregnant and so have their friends. Suddenly it happens. What a stir in the community! The mother who has been thwarted for years in her endeavor to get pregnant comes to me for her final postnatal examination. I say to her, "I want to impress on you the fact that your fertility probably has changed. I would wait for six months or so before you try to get pregnant again."

As she goes out the door I know she's muttering to herself, "What does she think I am? I'll never be stupid and wait again." At that point I can almost hear her friends saying to one another sometime in the future, "It's so strange the way Bob and Betty planned their family. They waited so long for the first child and then had the second one within a year!" ♦

## IMPORTANT NOTICE TO SUBSCRIBERS

In the merging of the subscriber list of Canadian Home Journal with the subscriber list of Chatelaine, there are, of course, a number of readers who subscribed to both magazines. These will have their Chatelaine subscription extended on a copy-for-copy basis to match the balance of their Canadian Home Journal subscription after its last issue in June.

It is possible that the name of one subscriber might appear differently on the two lists. For example, a Mrs. Margaret Smith, wife of John Smith, might be Mrs. M. Smith on one list of subscribers and Mrs. J. Smith on the other.

This might result in Mrs. Smith receiving two copies of each issue of the new Chatelaine.

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## A devoted mother's love is just the beginning



**2 FLAVOURS:**  
Plain Unsweetened and  
Chocolate Flavoured

Of course, all the love and attention you shower on your children is of the utmost importance. But there is one further step to take if you want to give your youngsters the extra energy they need. This simple step is seeing to it that your child gets the benefits of added nutritional values . . . so vital for the development of growing young minds and bodies. One of

these success foods is Ovaltine, which contains many of the more important vitamins and minerals. Taken in one of the simplest forms of all—mixed with milk—Ovaltine can make a great difference to your children during their "growing-up" years. Start giving them the benefits of Ovaltine's added nutritional values today.

## HOW PURE IS THE FOOD YOUR FAMILY EATS?

Continued from page 23

In all of Canada, with ten thousand food plants to watch, there are only sixty-one inspectors employed

by the Directorate. That would be about one hundred and sixty plants per inspector. And these same men must supervise drug and cosmetic plants, check food, drug and cosmetic imports coming through customs, and perform half a dozen other chores.

The situation in our richest prov-

ince, Ontario, is typical. The Toronto regional office of the Food and Drug Directorate is charged with the responsibility for all of Ontario, except the Lakehead and Ottawa areas. That is, the regional office covers an area of 141,000 square miles, with a population of 4,600,000.

The inspectors are permitted, by law, to enter plants where food is packed, to review everything from the cleanliness of employees to the prevalence, or nonprevalence, of rats. This office, with twenty inspectors at its disposal, now has seven hundred and fifty plants on its "active" list—that is, it is surveying them and making sure that they maintain minimum health standards. But the seven hundred and fifty plants constitute only one quarter of the food plants in Ontario. According to the Directorate's own figures, there are about 2,250 other plants—ranging from small meat-packing houses to cheese factories—that are not being watched. The reason, of course, is lack of staff and lack of money to hire more staff. The Toronto office, faced with this monumental task—and conscious of its own failure to carry it out—has often asked for more inspectors. At the moment, its hopes for added staff are slim.

### Ontario's safe milk

One highly placed Directorate official has estimated that, to come anywhere near the Directorate's ambitions (and justify the bland boast that Canadian foods, drugs and cosmetics "are as safe as it is humanly possible to make them") the number of inspectors across the country would have to be more than doubled. The over-all inspection staff of the Directorate has been increasing in recent years—but only at the rate of about three inspectors a year. At that pace, it will be many more years before federal food inspection comes anywhere near its objective, and most of the Directorate's senior officials know it.

There is only one food which the Food and Drug Directorate leaves entirely to the ten provincial governments—the most dangerous of all common foods, milk. For precisely the same reasons that milk is the most useful human food, it is also the most fertile breeder of bacteria. Everything from bovine tuberculosis (from the cows) to septic sore throat (from the handlers) flourishes wildly in milk. Most medical authorities think there is only one way to render milk drinkers safe from these bacteria: pasteurize the milk. That is, heat it to a temperature of about 143 degrees Fahrenheit, keep it there thirty minutes, and then cool it quickly. The results, when this simple procedure is adopted by a community, are astonishing. When Ontario adopted com-



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pulsory pasteurization in 1938, bovine tuberculosis was frequently found in children; today it is difficult, in that province, to find a case of bovine tuberculosis to show medical students.

But the fact of pasteurization poses a thorny problem for legislators. On the one hand they are confronted by most consumers, and most doctors, who demand that pasteurization be forced on all milk producers. On the other hand they are confronted by many dairy farmers, who feel that pasteurization is unnecessary and troublesome and that the same result—safe milk—can be achieved through careful sanitation and scrupulous medical control of the cows. So far the second of the two groups has proved more powerful.

The incredible—and to many people damning—fact is that, a century after Louis Pasteur developed pasteurization, only two of Canada's ten provinces have made pasteurization totally compulsory. In 1949 Saskatchewan became the second. British Columbia has a law which makes pasteurization compulsory except in areas with populations less than five hundred or in areas where the local government has decided to continue to rely on raw milk.

#### Eight without a law

Elsewhere, consumers are forced to rely on a scattering of local bylaws, which may or may not be carefully enforced. This doesn't mean that large areas of Canada are without pasteurization—it's been estimated, for instance, that ninety-five percent of Manitoba milk is pasteurized, despite the absence of a strict provincial law; and in Nova Scotia the provincial government has claimed that about eighty-five percent of that province's milk is pasteurized. But lack of pasteurization laws in eight provinces means that there are still many small towns and villages in Canada where pasteurization is unknown.

A French scientist named Giroux, working on a dairy-society model farm on the Seine, once tried to prove over a period of several years that pasteurization was unnecessary if the most rigorous sanitation standards were established. His final report read: "Our experience . . . obtained over a long period of time is . . . that in stables kept meticulously clean, stock washed before milking (udders and rear quarters), cowherds trained to observe exact requirements of hygiene, the product of one milk-



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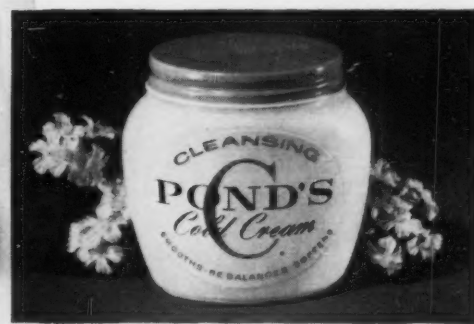
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ing from one animal collected in a sterilized pail always contained from 1,000 to 1,500 bacteria per cubic centimetre." And this, nutritionists agree, is far too many for safe milk.

But even diseases that come originally from cows—such as tuberculosis—cannot be eliminated without pasteurization; no inspection system can be rigorous enough. Margaret E. Smith, the former director of nutrition for the Health League of Canada, has pointed out that most inspections of animals in Canada are carried out only twice a year. "In one instance in my own experience," she says, "on a dairy farm in lower Quebec, sixteen tuberculous cows were found at one half-yearly inspection. How long these cattle had been ill and how much milk had been infected by them was, of course, impossible to say." That was in one of the many parts of Quebec where pasteurization is not practiced.

### Who inspects your meat?

Dr. Gordon Bates, the Health League's director, has been Canada's most vigorous campaigner for pasteurization since the 1930s, but he continues to be appalled by the lack of support his campaigns get. He calmly calls provincial legislators who fail to pass pasteurization bills "murderers of little children," and he takes every opportunity to push the acceptance of pasteurization ahead. The Health League estimates that 847 million quarts of Canadian milk—or more than thirty percent of all milk drunk in Canada—are unpasteurized and therefore dangerous.

Aside from milk, meat is the common food most likely to carry diseases. In Canada it's impossible to determine precisely how much meat is inspected by the government, because of a complicated tangle of federal and provincial rights. Since 1907 the federal government, through the Health of Animals Division of the Department of Agriculture, has maintained meat inspection. There is no evidence to suggest that it is less than excellent: Canada Approved meats have never been refused entry to any country, whereas Canada itself admits the meats of only twenty-two nations, on the grounds that these are the only countries whose inspection services are equal to ours.

But this inspection service, because it's federal, inspects only meat plants that prepare meat for shipping outside the producer's province and out-

side Canada. Producers who sell only in their own provinces are not subject to federal laws and therefore do not have to have their meat Canada Approved. They produce twenty percent of the meat eaten by Canadians, the other eighty percent being turned out by plants under federal inspection.

### Small towns don't care?

This twenty percent of Canadian meat could, theoretically, be inspected thoroughly by provincial governments. Generally, however, provincial governments maintain token inspection services or none at all. They feel that local governments can do the job better—that through close contact with the slaughterhouses and meat packers they can gradually raise the standards of meat production in their own towns. Most big-city governments accept this, and pass bylaws requiring that all the meat sold in their stores must be either federally or locally inspected. But a great many local governments do not pass these bylaws, and as a result it is in small cities and towns and villages that uninspected meat is sold. Even most Canadian cities in the 25,000 to 50,000 range are without meat-inspection bylaws.

In many small towns in Canada meat slaughtering and handling is extremely primitive. In Ontario the Department of Public Health has estimated that there are about five hundred butchers slaughtering their own animals, most of them without inspection. There are also many custom slaughterhouses, which are usually small abattoirs slaughtering, by the head, for local farmers or butchers.

Do they need inspection? Apparently their town councils think not, but many federal officials feel that meat which is not inspected by veterinarians is immediately to be regarded as dangerous. One federal veterinary recently pointed out that there are about thirty-five diseases, communicable to man, which render the meat of domestic animals, or parts of it, unfit for human consumption. Very few of these can be spotted, at least in their early stages, by butchers without veterinary training. With the best will in the world, and with a fanatical approach to sanitation, untrained butchers can miss a frightening amount of diseased meat.

A government veterinary visiting a small Ontario town on his vacation

Recently indulged in a busman's holiday that perhaps only a fellow vet could understand. Knowing the town he was in had no local meat inspection, and knowing that the slaughterhouse there did not send out Canada Approved meat, he visited it to see how an uninspected slaughterhouse operates. He watched the killing of a steer and then asked whether he could examine it. He glanced at a lymphatic gland and found immediately that the animal had suffered from a tubercular lesion localized in the head. All of the head meat was unfit for human consumption—or, for that matter, for human handling. The slaughterhouse worker, who had been preparing to send out the entire animal to a butcher, was astounded. He didn't even know where a lymphatic gland could be found; at the request of the horrified veterinary, he destroyed the head.

"Cooking *might* have eliminated the tuberculosis bacteria in, say, the tongue," the vet commented later. "Then again, it might not—after all, some people eat meat almost raw. And what about the danger to people just handling the meat? Simply picking up a piece of diseased meat can leave you open to contagion."

#### Cooking won't kill them

Quite often the slaughterhouses used in local, limited operations are old tar-paper shacks with no running water, no drainage except the ground outside, and no modern equipment. One government veterinary who deplores the lack of local inspection by-laws claims that often the meat from these slaughterhouses is dangerous not so much because of serious diseases but because of small "bugs" which cause common, everyday maladies ranging from mild nausea to severe stomach aches. There is no way to eliminate them from meat except by strict sanitation at the slaughterhouse; kitchen sanitary precautions alone won't accomplish it, and neither will cooking.

The amount of meat handled in unsanitary surroundings and subject to just these bacteriological dangers can be guessed at when you consider a revealing series of events that takes place all over Canada year after year. The action is always the same; only the characters change.

A meat packer who has been selling only within his own province decides to expand his trade. He decides to sell outside his province and



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perhaps even abroad, and to do this he must have the Canada Approved stamp. He applies to the Health of Animals Division head office in Ottawa for the free inspection services that are available to all Canadian packers. An inspector then visits his plant and reports on what he has

seen. Sometimes the plant is already acceptable, in which case permanent inspectors move in and the meat begins to be stamped Canada Approved.

But sometimes, for one reason or another, the plant is declared unfit for the production of human food. It may be that the owner has a poorly

constructed building, or inadequate plumbing, or wood instead of steel tables, or generally dirty conditions. In this case, the inspectors inform him of what changes he must make before federal meat inspection can begin. Sometimes the plant owner then makes the changes. But some-

times—surprisingly often, in fact—he does not. Perhaps he waits six months, or a year, or—in several known cases—three years.

During this period of waiting the meat packer goes on supplying food to the people of his own province, just as he may have been doing for years before. Eventually he gets around to making the changes. But while he is waiting (perhaps to accumulate enough capital to alter his plant) consumers in his province eat meat packed in premises that have been officially declared by the government of Canada to be unsuitable. Thus, while the federal government is protecting the people of Manitoba, Paraguay and Scotland from the possibilities of infection from meat packed in an unsanitary Ontario plant, the people of Ontario are unprotected. Federal meat inspectors freely admit that this is a situation that exists, in one part of Canada or another, all of the time.

#### What you can do

The one way to guard against eating uninspected meat is to pass a local meat-inspection bylaw and enforce it. Some municipal governments refuse to pass meat bylaws because they feel inspection should be carried on by provincial governments. Thus they invoke the buck-passing procedure common to all levels of government by stating blandly, "This is a provincial (or federal, or municipal) matter—this isn't our business." Some municipalities also feel that meat inspection is an unnecessary expense, even though most small cities can handle it with a local veterinary working three or four half-days a week, at a cost to the city of about a hundred and fifty or two hundred dollars a month. But neither of these reasons applies in most cases. "The sad fact is," one provincial health official said recently, "that most cities and towns just have never got around to it."

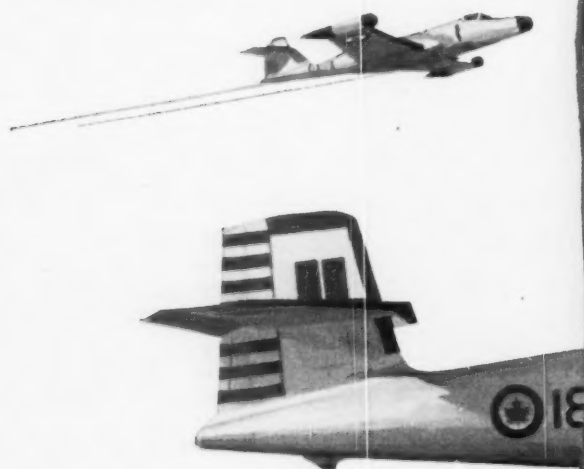
With facts like these staring them in the face, food-control men in Canada know that they are still a long way from doing a good job. It appears at the moment that they will remain in this uncomfortable position for some years. In the meantime the individual housewife, conscious of food-control problems, can accomplish a great deal. Here are some suggestions:

1. You can find out directly from your own member of parliament how

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# Royal Canadian Air Force



much he knows about the Food and Drug Directorate — whether, for instance, he knows that it is self-admittedly doing an inadequate job of protecting the Canadian people.

2. You can determine whether your town has a meat-inspection bylaw. If it hasn't—and if you live in a smallish city it probably hasn't—you can campaign for one. This may mean working through women's clubs, or asking the county medical officer of health to make a report on the problem, or putting together a petition asking for a bylaw and an inspection system. Or, it may simply mean appearing before the local council or board of health and drawing attention to the problem. In some towns meat-inspection bylaws have been brought in through the efforts of only one or two hard-working citizens.

3. In the meantime—if there is no meat bylaw—you can suspect any meat that is not Canada Approved.

4. If you suspect any product of being less than what it claims to be, or of containing impurities, don't simply cease to buy the product. Instead, complain to the office of the Food and Drug Directorate nearest you. (Do not send in the product you have bought: inspectors must purchase the item themselves in order to make case.) Addresses of the regional offices are: Dominion Public Building, Halifax; 379 Common St., Montreal; 27-39 St. Clair Avenue East, Toronto; 244 Smith Street, Winnipeg; and 325 Granville Street, Vancouver.

5. If you live in neither Ontario nor Saskatchewan, find out whether your municipality has a law making pasteurization of milk compulsory. If it does not, it's worth working for, and so are meat bylaws.

6. Remember that even city dwellers

cannot feel entirely safe if they live in provinces in which pasteurization is not universally compulsory—after all, normal travel often will take you and your children into areas without pasteurization. The most effective spur to a provincial pasteurization campaign is public awareness of the

necessity of pasteurization, and any citizen can help in this by co-operating with the Health League of Canada and other organizations that are promoting pasteurization—begin by asking your provincial MP where he stands on the matter.

The overwhelming evidence sug-

gests that Canada has many things to do before it can feel confident about food control. But it also suggests that many of these things can be accomplished by individual citizens interested in making sure that Canadian food is as safe "as it is humanly possible" to make it. ♦



Plain scarlet 'Viyella', shade No. 129, Butterick Pattern No. 8255 with short sleeves.

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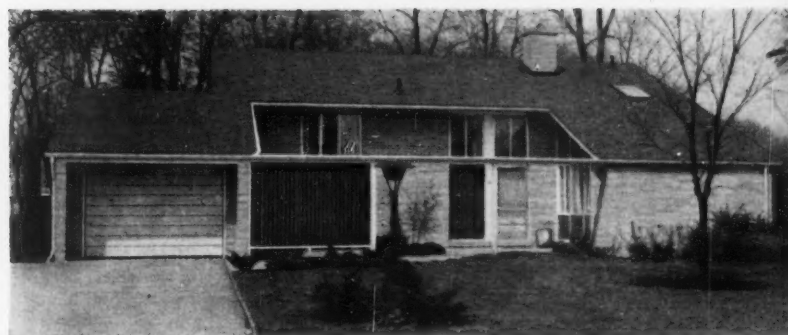
\*Available in basins and toilets only.

# HOMES '58



*the Parkdon*

FOR YOUNG FAMILIES . . . MODERN, INFORMAL



*the Laurentia*

BLENDS TRADITION WITH 1958 LIVABILITY

This month Homes '58 makes its welcome debut in the new *Chatelaine*. Regular readers will find exciting decorating news in the story of how we built and furnished Homes '58. Journal readers will discover that this year not one, but two homes are shown in this popular feature. The Parkdon — with four bedrooms, an open dining room and large kitchen — is keyed to informality and easy contemporary living. Laurentia is furnished for those who prefer to blend traditional warmth with modern livability. It is split level; has three bedrooms, two bathrooms, a private dining area. Both houses are 1958 award winners from the Canadian Housing Design Council, on which Barbara Reynolds was a jury member. Both meet our Homes '58 standards of basic good design and suitability for Canadian living. The interiors, designed by *Chatelaine's* Decorator Service, meet the same high tests with fresh color schemes, new materials, and furniture chosen for livability. Best news of all — furnishings shown are available across Canada (see page 106).

By BARBARA REYNOLDS *Home Planning Editor*

ARCHITECT James Murray, MRAIC BUILDER George Slightham INTERIORS *Chatelaine's* Decorator Service LOCATION Don Mills, Ontario

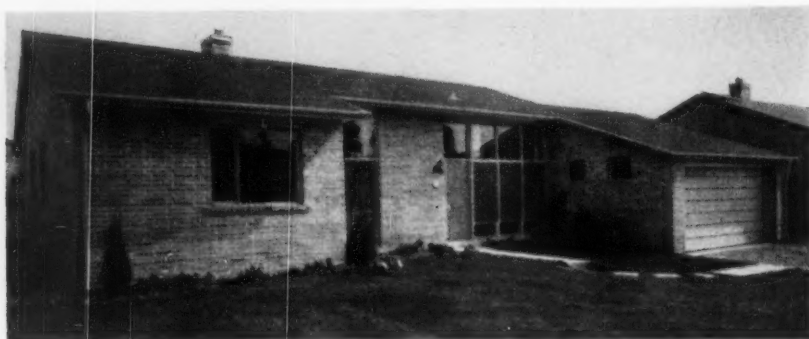
Open for inspection August 29 to September 28

*Continued*



# the Parkdon

A contemporary home for young families...modern...informal...at ease



## 1,450 square feet contains four bedrooms and extra large kitchen

The Parkdon house, a regional winner in the CHDC competition, is designed to fit on a 60-foot lot, and features 1,450 square feet of living space on the upper levels. By finishing off the lower level under the living-dining area, den and kitchen, the size is increased to 2,100 square feet. The completed home, with single garage, should cost approximately \$19,000, excluding lot. A 70-foot lot can accommodate a two-car garage with increased cost of \$1,000.

Below is a check list of special features.

### EXTERIOR

This bungalow successfully eliminates "matchbox" look. Well-proportioned windows; good size, yet private. Service door to "mud" room and shower on lower level. Protected entrances on street level eliminate icy steps.

### LOWER LEVEL

7' 3" ceiling in recreation room, laundry and washroom. Ample storage space for preserves, trunks, storm windows.

### LIVING AND DINING AREA

Excellent size and proportion for furniture arrangement. Handsome fireplace incorporated into paneled wall. Convenient location of dining area to kitchen.

### KITCHEN

Planned for convenience, easy maintenance, work space. Large enough to accommodate eating space for five. Ample cupboards and good-size broom closet (30" x 18"). Exhaust fan over stove to eliminate cooking odors.

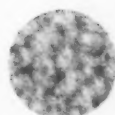
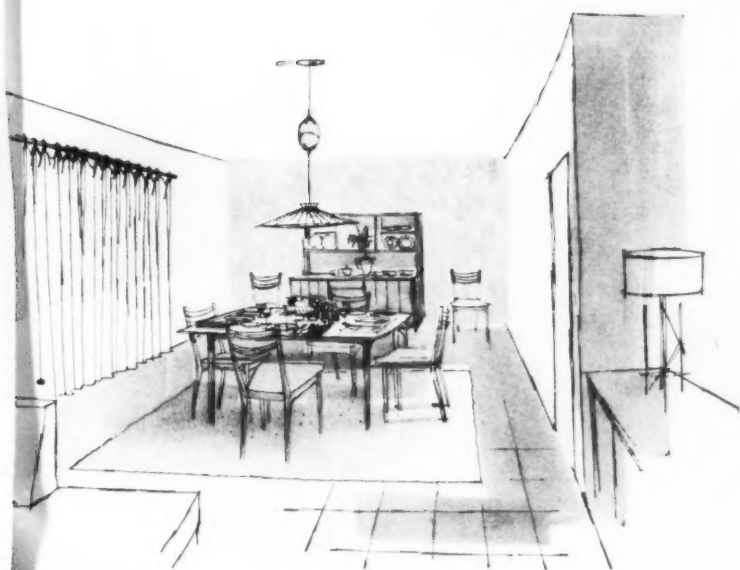
### BEDROOMS

Ample size for standard furniture suites. Windows well placed, no draughts. Big closets (2' x 4', 2' x 12'), light fixtures in each.

*TO ORDER YOUR PARKDON BUILDING KIT containing two sets of plans and one set of specifications, see page 106.*



### Living-Dining



CARPET



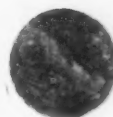
WALL



DRAPERY



DINING CHAIRS



FLOOR



SOFA

The color scheme of the Parkdon house is keyed to the new copper-tone floor tile used in the living, dining, kitchen and hallways. Here, a sofa in deep orange is the one strong color. Parchment-colored draperies, carpeting, and vinyl-upholstered chair and ottoman contrast dramatically. The walnut-paneled fireplace wall blends with the furniture finish. Informality is the theme in furniture: modular sofa will seat eight, free-form coffee table and crisply detailed dining suite illustrate pleasing lightness of contemporary design. Leafy plants provide effective accent.



HOMES '58 continued

Sketches by Anthony Jones

## the Parkdon

*For this house that's  
so easy to live  
with, and in—we choose  
fresh young colors  
combined with new and  
easy-to-keep materials.*

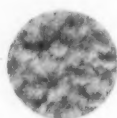
*Inexpensive shelving  
ideas give a custom  
look; provide organized  
storage at  
minimum cost . . .*

*Furniture throughout  
has clean  
and sculptured lines . . .  
to absorb hard  
wear, to complete an  
over-all design for  
contemporary living*



### Master Bedroom

View from closet wall shows new sculptured wallpaper with delicate leaf motif. An oriental flavor is suggested in the color scheme of parchment, gold, black and sea green. Walnut bedroom suite has crisp clean lines, and recessed drawer pulls for easy care. Closet wall features a ceiling-high wood-paneled folding door which matches the furniture finish.



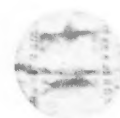
CARPET



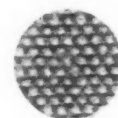
FLOOR



DRAPERY



SPREAD

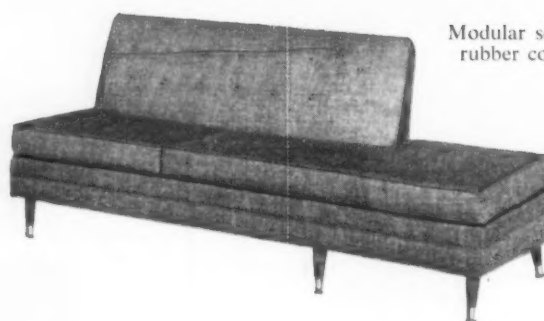


CHAIR



WALLPAPER

### Furniture: informal

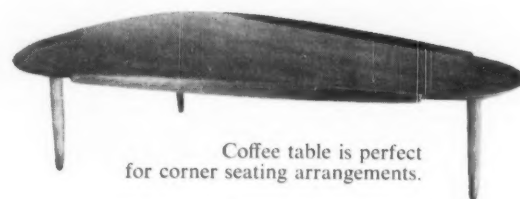


Modular sofa in crisp foam rubber comes in any size.



Light fixtures come in a variety of colors.

Dining chair in walnut is part of moderately priced suite



Coffee table is perfect for corner seating arrangements.



### Girls' Bedroom

This room is decorated to suit two little girls, ages five and nine. The color scheme is taken from the story-book wallpaper on one wall. Between two chests of drawers is a slab desk of yellow plastic laminate. Adjustable plywood shelves hung overhead unite the grouping for a compact built-in look.



FLOOR



DESK TOP



CURTAINS



WALLPAPER

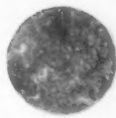


PAINT

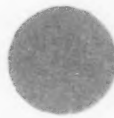


### Kitchen

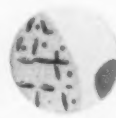
Sparkling colors are blended here to make the working day as pleasant as possible. Orange, gold and white floor-tile insets pick up the colorings in the washable wallpaper and curtains. At right (not shown) is a kitchen suite with five chairs for informal lunches and snacks.



FLOOR



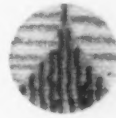
COUNTER



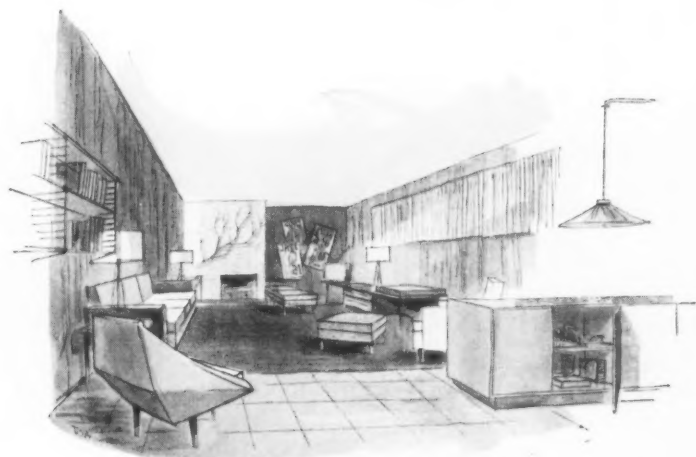
WALLPAPER



PAINT



CURTAINS



RECREATION ROOM

RECREATION ROOM (above) is paneled in birch and takes its color scheme from the inexpensive orange, yellow and brown striped curtain fabric. Brown sofa and matching chair with striped seat cushions are offset by the deep-orange hemp carpeting. The size of this room: 28' x 13'.

BOYS' ROOM for ages two and seven features bunk beds, furniture painted wheat color and a desk top in yellow plastic laminate. All the walls are painted in a near-white plastic-flecked paint — completely scrubbable!

BATHROOM has a diminutive-design wallpaper on ceiling and brought down on two walls for a canopy effect. Flooring is molded linoleum with coral and gold insets.



BOYS' BEDROOM

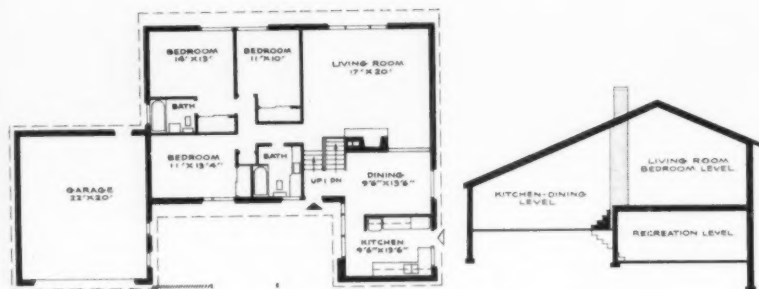
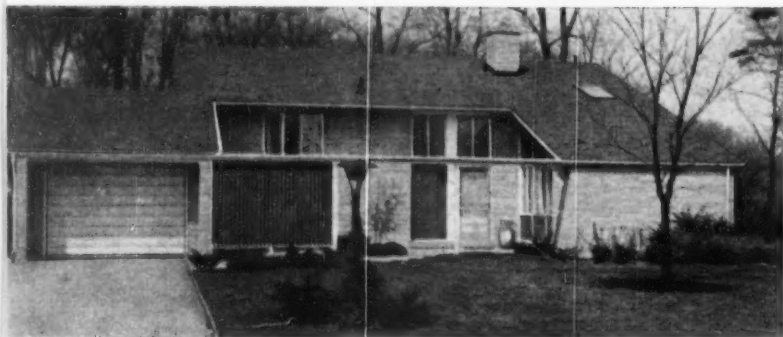


BATHROOM



# the Laurentia

blends traditional charm with 1958 livability



## This split level answers growing demand for a private dining room

The Laurentia, an enlarged version of a national winner in the CHDC competition, will fit on a standard 60-foot lot. With double garage, the lot should be 70 feet. There are 1,488 square feet of living space on the upper levels, and an additional 1,000 square feet is obtained by completing the lower-level recreation room, laundry room and hobby room. For a single-garage house, excluding land, this house could be built for about \$24,000. Below is a check list of special features.

### EXTERIOR

Pleasing balance of wood and brick.  
Interesting roof line around semi-enclosed front patio.  
Recreation room opens out onto back garden.  
Convenient service entrance at kitchen.

### LOWER LEVEL

8' 6" ceiling height throughout, 22' x 15' laundry room, 25' x 20' recreation room, 30' x 18' hobby room.

### LIVING AND DINING ROOMS

Extra-large living room overlooks separate dining room.  
Column fireplace and high beamed ceiling.  
Dining room and kitchen on same level.

### KITCHEN

Compact and efficient, with plenty of counter space.  
Planning desk will seat two for breakfast.  
Window wall overlooks front patio-garden.  
Exhaust fan over cooking area.

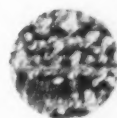
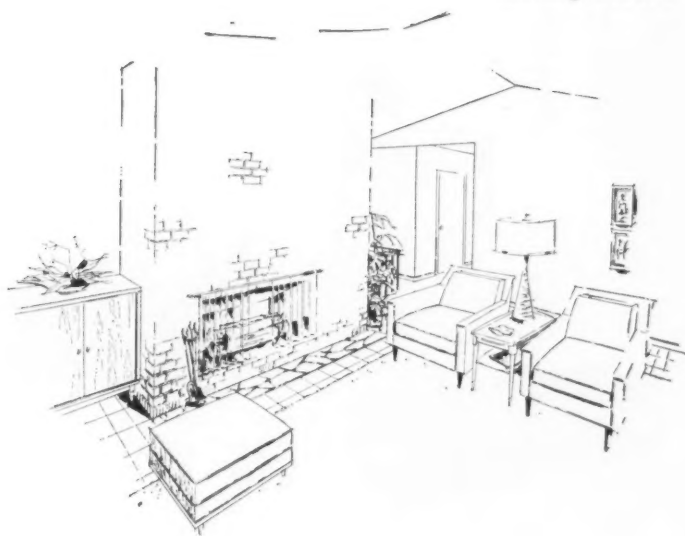
### BEDROOMS AND BATHROOMS

Large, well-illuminated storage areas and cupboards.  
Bedrooms will accommodate standard furniture suites.  
Master bedroom has its own bathroom.

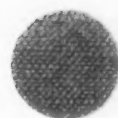
*TO ORDER YOUR LAURENTIA BUILDING KIT containing two sets of plans and one set of specifications, see page 106.*



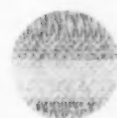
Living Room



CHAIR



SOFA



DRAPERY



CARPET



PAINT



FLOOR

Shades of cocoa, vast areas of white, touches of sparkling brass and an electric blue-green form the colors for this sophisticated room. The muted striped drapery fabric is unlined, and creates a feeling of airiness. For light control and privacy, vertical blinds in a cocoa shade can be drawn. At left: view of the column fireplace shows two white chairs placed in front to define the conversational grouping and repeat the white of the window wall. In addition to furnishings shown, this room contains a small-scale piano and a hi-fi unit with ample record storage.



# the Laurentia

*Traditional charm inspires the mood of this house which combines modern livability with a look of luxury. The color schemes are a subtle blending of blues and greens, with great areas of white relieved by shades from pale beige to nubian. Outstanding textural interest is provided through the use of ceramic tiles, natural woods, wallpapers . . . The furniture, blending comfort with traditional warmth, completes the plan*

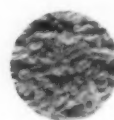


## Main Bathroom

Sheer luxury here — with the white-and-gold marble-design vinyl flooring, the cool green plumbing fixtures, the white plastic counter top sprinkled with gold flecks, and the delicate gold-and-silver leaf-design wallpaper. Added feature — extra linen closet for towels, jars.



FLOOR



TOWELS



WALLPAPER



FIXTURES



COUNTER

## Furniture: graceful



Light fixture shows trend to ceiling lighting.

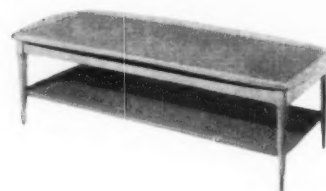


Sectional sofa has an air of crisp elegance.

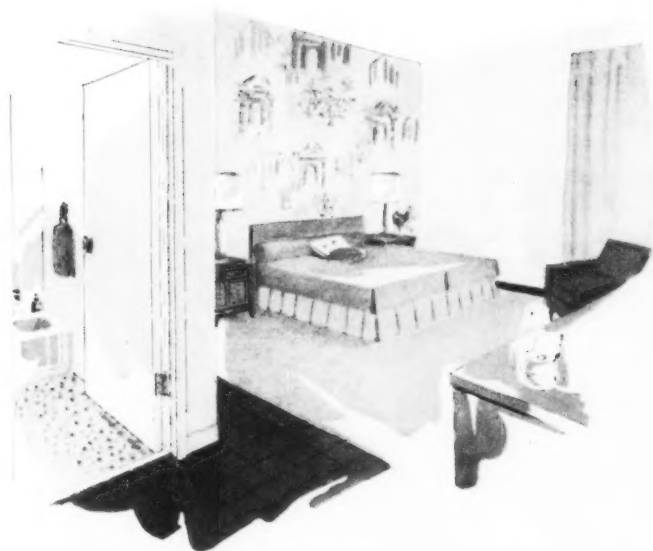


Dining chair is in natural cherry.

Occasional chair is a handsome addition to any room.

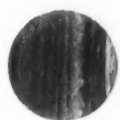


Coffee table has sleek sculptured look.



### Master Bedroom

The Italian influence: a scheme inspired by the delicate mural wallpaper in shades of blues and greens. A thick looped viscose carpet contrasts with the sleek tile flooring, and in the adjoining bathroom, the ceramic-tile floor and wall repeat the beige, blue, turquoise of the color scheme in the bedroom.



FLOOR



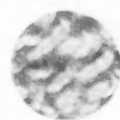
WALLPAPER



FIXTURES



CURTAINS



CARPET



### Kitchen

Bright yet cool-looking, with well-planned work space. The color scheme is keyed to the subtle shading in the counter top, and 2-inch feature strips of taupe and grey-green are used in the white flooring for contrast. A large window wall overlooks the front patio-garden.



CURTAINS



CABINETS



COUNTER



PAINT



FLOOR



DINING ROOM

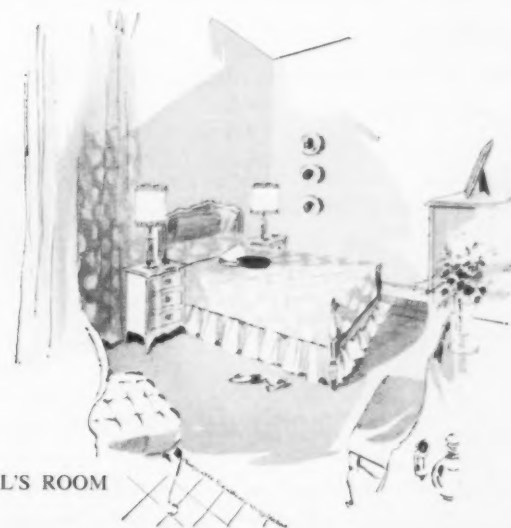
DINING-ROOM scheme in subtle shades of cocoa and white is taken from the leaf-motif wallpaper on one wall. Combined in the dining suite, sliced cherry and maple butt veneer blends tradition with modern.

BOY'S BEDROOM features sturdy maple furniture and takes its color scheme from the "antique car" drapery print. Rugged tweed carpet, cotton spread and washable papered walls are easy-to-care-for.

GIRL'S BEDROOM for a seventeen-year-old is completely feminine in soft shades of blue and grey-green. The bedspread top matches draperies and is contour-quilted for crispness. Suite is French Provincial.

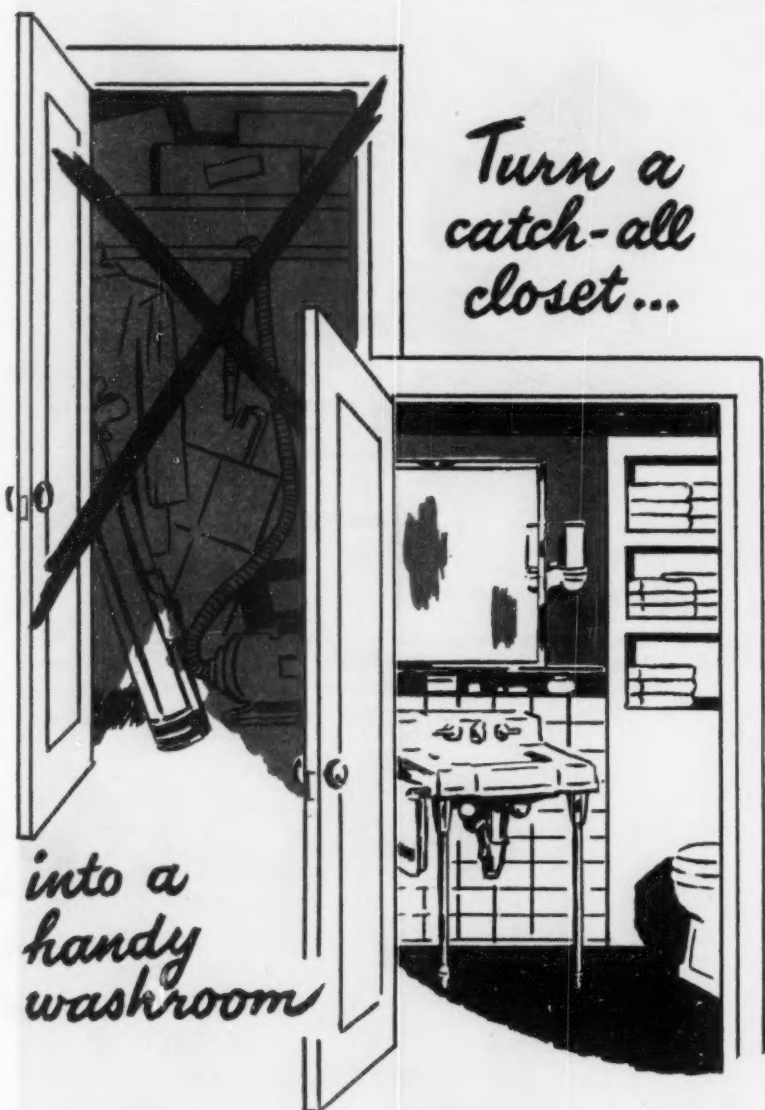


BOY'S ROOM



GIRL'S ROOM





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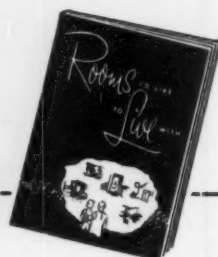


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## BEST BUYS AVAILABLE AT — (See pages 38 to 41)

### PAGE 38

Lou Larry Empire-style coat and grey flannel trapeze suit — Simpson's, Halifax; Eaton's, Toronto; Hudson's Bay, Winnipeg; Woodward's, Vancouver.

### PAGE 39

Algo Jr. printed wool jersey dress—Simpson's, across Canada; Eaton's, Victoria; Hollingsworth's, Winnipeg, Regina, Calgary, and Edmonton; Elizabeth Hager, Montreal; Business Girl, Fanfare Fashions, Ruth Frocks, Toronto.

Mr. Mort black wool crepe—Madame Runge, Vancouver; May Galbraith, Winnipeg; Fay Jackson, Hamilton; Goudies, Kitchener; Bernard's, Montreal.

Starcraft trapeze evening dress — Saba's, Vancouver; Fosters, Guelph, Ont.; Eaton's, Hamilton and Toronto. Green Ricky Formal—Tunis, Toronto; Fay Jackson, Hamilton; Fraid's, Montreal; Hudson's Bay, Edmonton; Juilliard's, Calgary.

Black wool jersey Ricky Formal—Simon's, Toronto; Joy Frocks, Toronto; Lois Styles, Sault Ste. Marie; Levine's, Sudbury; Evelyn's, Brantford, Ont.; Coopers, Fort William; King's, Winnipeg; Aaron's, Saskatoon.

### PAGE 40

Brenner costume suit with blouse (distributed by J. H. Warsh in Canada)—Fraid's, Montreal; Calps, Saint John; Liberty Women's Wear, Hamilton; Johnstone Walker, Edmonton; Emiles', Calgary.

Mayfair coat in black English worsted—Chapman's, Vancouver; Jay David, Vancouver; Best's, Vancouver; Lord and Taylor, Toronto.

Wilson soufflé coat—Freiman's, Ottawa; Jacobson's, Sydney; Fosters, Guelph, Hamilton and Toronto; Eaton's, Toronto.

Lou Larry grey flannel suit—Simpson's, Halifax; Eaton's, Toronto; Hudson's Bay, Winnipeg; Woodward's, Vancouver.

Brenner sapphire-blue coat (distributed by J. H. Warsh in Canada) — Fraid's, Montreal; Calps, Saint John; Liberty Women's Wear, Hamilton; Johnstone Walker, Edmonton; Emiles', Calgary.

Mayfair coat in Jacqmar's wool — Chapman's, Vancouver; Juilliard's, Calgary; Simon Ramm, Toronto; Joan Rigby, Toronto.

Lurie and Saunders stroller suit — Dalmy's, Montreal, Ottawa, Kingston, Moncton, Saint John, Halifax; Middleman's, Ottawa; Ruth Frocks, Toronto; Hollingsworth's, Edmonton, Regina,

Calgary, Winnipeg; Jermaines, Vancouver.

### PAGE 41

Mayfair suit designed by Pierre Cardin—at Raphael Mack, Hamilton; Simons', Quebec City; Chapman's, Vancouver; Morgan's, Ottawa; Mademoiselle, Vancouver.

David Taub black-and-white tweed dress—Holt Renfrew, Quebec City, Montreal, Toronto, Winnipeg, Calgary, Edmonton; Dot's, St. Catharines; Hudson's Bay, Vancouver; Raphael Mack, Hamilton.

Klever Klad grey wool tweed dress—Ruth Frocks, Tunis, Joy Frocks, Toronto; Gowdy's, Kitchener; Leed's, London; Edythe's, St. Thomas, Ont.; Fraid's, Montreal; Himmel's, North Bay, Ont.; MacDonald and Gow, Windsor, Ont.; Holt Renfrew, Quebec City; Scovil's, Saint John; Eaton's, Winnipeg; Hudson's Bay, Vancouver; Christie Grant's, Moose Jaw. Wolcraft pumpkin wool jersey—Outlets not available at press time.

Leslie Fay plaid dress — Morgan's, Montreal and Toronto; Eaton's, Ottawa, Edmonton, Calgary, Halifax, Winnipeg, Moncton, Montreal; Murphy Gamble, Ottawa; Ogilvy's, Montreal.

Mr. Mort dress in striped tan wool — B. C. Outfitting, Vancouver; Blanche Buchanan's, Saskatoon; Raphael Mack, Hamilton; Tunis, Toronto.

Orchid blouson dress — Hudson's Bay, Eaton's, Simpson's, and Morgan's—across Canada.

### TEEN TEMPO FASHIONS

Lou Larry plaid two-piece outfit—Simpson's, across Canada.

Saony pedal-pushers-and-skirt—Marshall's, Kitchener; Lessard's, Chicoutimi; Hudson's Bay, Vancouver.

Saony jumper — Simpson's, Regina; Ogilvy's, Montreal; Hudson's Bay, Vancouver and Victoria; Eaton's, Toronto; Holt Renfrew, Quebec City. Juniorite two-piece jumper—Robinson's, Hamilton; Ogilvy's, Montreal; Morgan's, Toronto; Hudson's Bay, Vancouver; Wallace's, London; Irene Hill, Ottawa.

Miss Sun Valley plaid dress — Hudson's Bay, Morgan's, Simpson's — across Canada.

Silknet flannelette nightie—Simpson's, Sears; Fourtin's, Three Rivers; Anderson's, Nanaimo; Mills, Hamilton; Lefco's, North Bay, Ont.

Silknet pyjamas—Anderson's, Nanaimo; Trend Sportin' Togs, Beaurepaire, Que.; Soutare's, Regina; Mary Cathryn's, Kingsville, Ont.



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says *MRS. TOM LAMBERT, Richmond Hill, Ontario*



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## ALIVE AGAIN

Continued from page 27

He seemed ready to gather her into his arms. His hands moved toward her, then drew back suddenly as if remembering they had no place to go.

"Golly, this is a surprise," he said. "What are you doing in Montreal?"

"Shopping," she said, smiling. The word "Golly" had brought back his peculiar speech habits with an agonizingly painful rush; the small boy's words coming from the immature mouth, the mouth surprisingly out of

place in the otherwise strong face.

"Did you buy anything?" he asked. The mouth was smiling, its old secretly amused smile, the smile of a privately shared joke.

"Yes," she said. "A present for . . . for Tom. His birthday is next week." "Tom?"

"My husband."

"Oh. Oh yes, of course. I find it difficult to think of you as married now," he said. "Listen, are you finished for the day?"

"I have to catch a train," she said too quickly.

"Not even time for a quick drink?"

His eyebrow cocked, and she wanted suddenly to slap his face for cocking his eyebrow so characteristically. She had learned to anticipate the sudden lifting of one eyebrow, had come to expect it as part of his personality, and then had grown to love it. And now that it was all over, now that the pain had passed, it was unfair of him to revive memories. It was unfair of him to cause a restless stirring within her by simply manipulating a small facial muscle.

"I have to catch a train," she said, weakening. "Connie isn't feeling well."

"Connie?" he asked. His brown eyes showed puzzlement.

"My daughter."

He nodded sombrely. "A family and everything now, eh?" he said. "Lois, haven't you time for a drink? It's been ages since I've seen you."

"I really have to catch a train," she said.

"Oh." He made a futile gesture with one hand, and then he smiled forlornly. She recognized the smile, and she thought, Why should I run from him? Aren't there things I should know? Shouldn't I ask for explanations?

"Perhaps just one," she said. "But it really will have to be quick."

"Good!" He took her elbow and wheeled her around, and as she turned she squeezed her eyes tightly shut, surprisingly awake again to the pressure of his fingers on her arm, surprisingly awake again to his nearness.

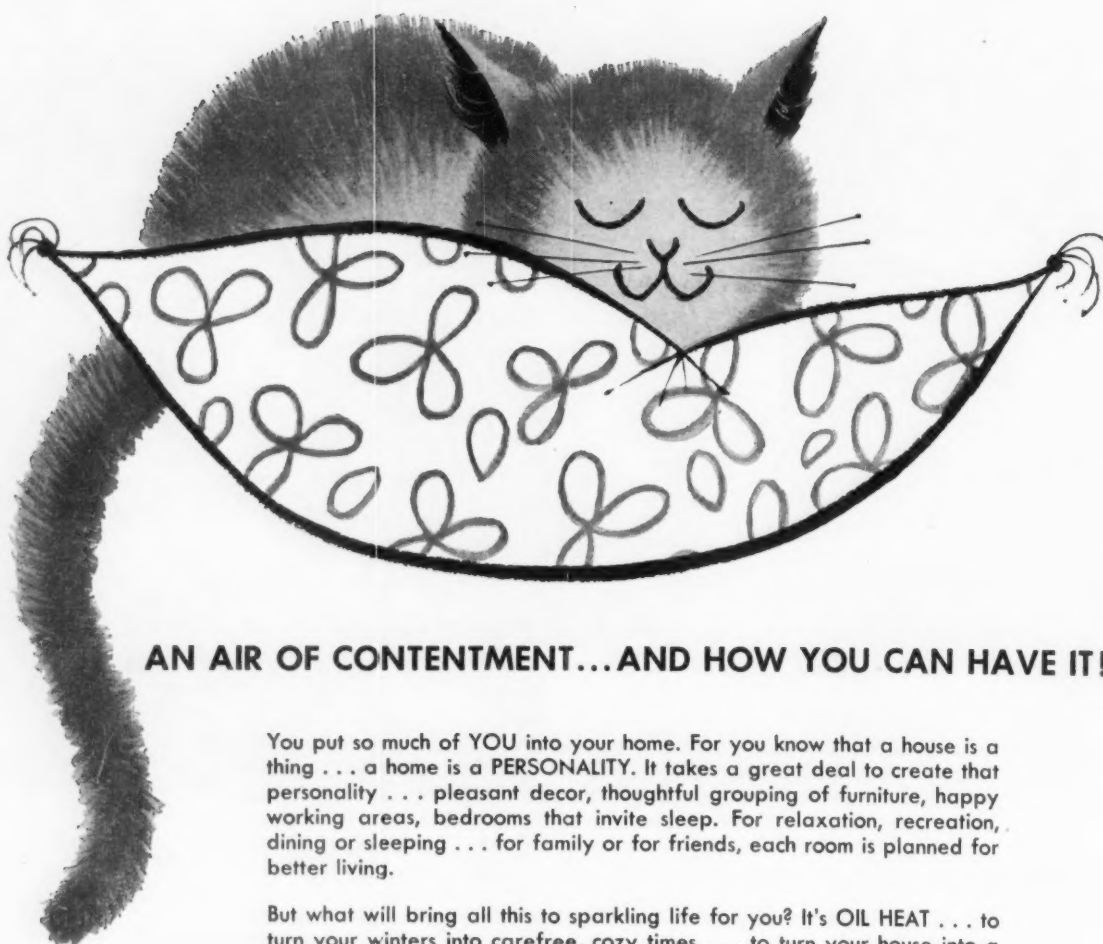
"How . . . how's everything at home?" she asked, unconsciously falling into step with him.

"Fine," he said.

"And . . . Marcia?"

"She's fine," he answered quickly. "In the pink. Gee, it's good to see you, Lois."

She was suddenly, irrationally jealous again. She marveled at the way mere mention of Marcia's name could still inflame her. She had never met Marcia, and so Marcia was only a name. But it was a name she had taken to bed with her on many a night, a name that had echoed and re-echoed in her mind, a name that had tortured her with a persistent and unrelenting knowledge: Marcia was his wife; Marcia was the woman to whom he returned. Marcia was the woman



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who received him whenever he'd left her own warm embrace.

"What's the matter?" he asked.

"Nothing," she said tightly, angry with her own reaction.

"You were frowning."

"Was I?"

"Yes. Your nose still wrinkles when you frown—did you know that?"

"I hadn't looked lately," she answered. Suddenly, she wanted this to be done. Suddenly, she felt as if she were in grave danger. She wanted to have the drink, and catch the train, and get back home to where she belonged. They were on Peel Street now, and she hoped they would stop at the Laurentien, but he passed it quickly, walking with a jaunty step.

"You should look often," he said.

"You're prettier now, you know. You're as fresh as spring, Lois."

"Thank you," she said.

"You've cut your hair, haven't you?"

"Yes." She had cut her hair as part of what she called her Recovery Syndrome. She had also bought a closetful of new clothes, and had resisted with the greatest of difficulty the temptation to throw out anything she'd ever worn for him.

"It's beautiful this way. Your eyes are greener, too. And your mouth is prettier. Golly, you're a tonic, Lois."

"You're looking well, too, David," she said.

"Am I? Been slaving like a coolie. We've got several new accounts, and most of them have been dumped in my lap. Remember that ad campaign for Stomer's Beer? Oh you remember, Lois—sure, you do."

She remembered instantly. The idea for the initial ad had come to them together, as the result of a joke. They had been driving across the bridge at Ste. Anne de Bellevue, glancing at the boats on the water, and they had speculated on what would happen if someone fell overboard. David's imagination had soared. He had drawn pictures with his hands, outlining screaming whistles, and confused sailors and tangled lifelines. And in the midst of the bedlam was a small man, water-soaked, sputtering, going down for the third time. And then, in a flash of inspiration, David had put an advertising slogan into the drown- ing man's mouth.

"Help! Get me Stomer's!"

They had laughed idiotically. Their laughter had challenged the cold wind blowing off the water, had constructed a bulwark against the onslaught of winter and the boundaries of their

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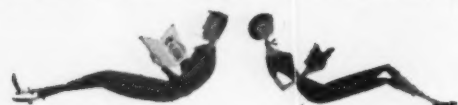
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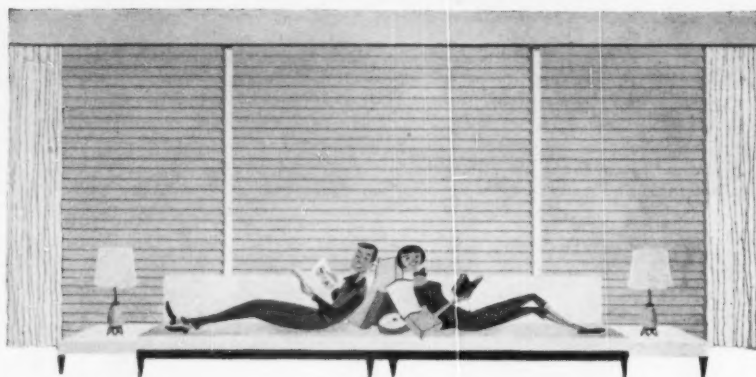
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Chatelaine — September 1958

forbidden love. David took their joke and built it into an ad campaign that blanketed the city. Even now, the ads still ran in the magazines and the newspapers. For the first few months after they'd parted, she could not look at the ad without remembering what had inspired it.

"Help! Get me Stomer's!" the ad read — and her mind had silently shrieked, "Help! Get me David!"

Eventually, she had reached the point where she could see the ad and disassociate it from the day of its creation. And eventually, she had met Tom. And now David was back, and now he was asking her if she remembered the Stomer's Beer ad.

"Yes," she said. "I remember."

"Well, that sort of pushed our agency up, do you know? Increased Stomer's sales some thirty percent in the first month. Word gets around when something like that happens. So we got more accounts, and of course the accounts wanted the man who was responsible for the ad. I should have given you split billing, shouldn't I?"

"That wouldn't have been very wise," she answered.

"No, of course not. I'm only saying. Do you remember Baldy Matheson? You remember my talking about him, don't you?"

"Yes," she said. Automatically, she found herself eager to hear the details of his work. His work had always excited her, and she remembered now how she had contrasted David's glittering world against her own plodding existence as a typist. And she remembered too how excited he'd seemed when describing his office triumphs, remembered wondering whether the same excitement glowed in his eyes when he spoke to his wife. Now, listening to him, she tried to squash her sudden interest, her sudden ready willingness to become an accomplice again in the minor office intrigues, which once had added to the major intrigue they shared.

"Baldy almost blew his cork over that campaign! Honey, you could just see that old green-eyed monster perched on his shoulder. He's been in the business twenty years, and he hasn't had an original idea in all that time. I scooped him the way he's never been scooped, so naturally he

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## 'Showcase' by Honderich



The DIVIDER MAJOR is a convenient room divider with sliding panel doors on each side. The STORAGE UNIT is in the same style with doors on one side only. 56" x 19"—32"



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... Is this place all right for you?"  
"Yes," she said, "this is fine. Provided we can get fast service."

"Never been here in my life," he told her. "Another 'first' for the Plotters."

"David, please don't..."

"Sorry," he said. "Plotters has meaning, hasn't it? Or at least it had for me, since you were really as free as a bird. Your marriage sort of puts us on equal terms, doesn't it?"

"David," she said, feeling it suddenly necessary to clarify her own somewhat confused thoughts, "this is just a drink. Between old friends. You understand that, don't you?"

He seemed surprised and then embarrassed. "Sure, sure. Hey look, if you think..."

"I just wanted to make it clear. I can't go through all that again."

"I didn't ask you to," he said, his voice suddenly aloof. She wanted to reach for him in that moment, wanted to pull him back before he drifted away from her forever.

"I... I just wanted to... to make it clear," she said feebly.

"Let's have our drink, shall we? I wouldn't dream of having you miss your train. We mustn't keep dear Tom waiting, must we?"

THERE WAS cruelty in his voice now, and she recognized the cruelty too as something out of the past, a boyishly malicious streak, which had been part of his character and which had served to make him more exciting somehow. Her panicky reaction surprised her. She found herself afraid of having incurred his displeasure, found herself desperately longing to be back in his good graces. Wordlessly, they entered the lounge. Efficiently and coldly, he signaled for the head waiter.

"You look like an ogre when you frown," she said lightly.

"Thank you."

"I fully expect you to storm a medieval castle or something."

He could not resist the word picture, as she knew he would not. He grinned and then said, "Why is it I can't stay angry with you for any appreciable length of time?"

"I'm glad you can't," she said. "I still have to make a train."

"This is a good table, isn't it?" he asked, recapturing his earlier good spirits. "Made for secret lovers."

"The Plotters' Hideaway," she said.



## Landmark by Lennox



## chosen for Home '58

Great new concept for all-season

home comfort is an outstanding feature

of this truly modern house

Living in Home '58 will be comfortable in the coldest weather. It will be heated perfectly from room to room—with a draft-free warm air system. Rooms and furnishings will stay clean far longer. The furnace will be whisper-quiet in its operation. And, at any time desired, a cooling unit can be inexpensively added to air condition Home '58 for summer living.

Selected for Home '58 was the Landmark by Lennox. It is the most advanced heating (and air conditioning) unit in the world today. It is uniquely different from any other.

The Landmark is always "custom assembled" on the job. Trained dealer-experts—Lennox Comfort Craftsmen—acting on their knowledge of local climatic conditions, the house construction, and other factors, assemble separate heating, cooling and air handling units with precisely the right

capacities for the particular job. This "tailor making" means not only more effective heating and cooling, but definite operating economies.

Lennox equipment, too, was selected for the second Home '58. Here a Lennox horizontal furnace was installed in an unobtrusive "crawl" space. This compact unit, occupying a minimum of space, and located so as to be completely invisible, will also do an outstanding job of efficient, quiet heating.

You can easily give your present home the many advantages that editors of Chatelaine—The Canadian Home Journal saw fit to incorporate into both Homes '58. Your local Lennox Comfort Craftsman is no farther away than your telephone. You'll find his name in the Yellow Pages. And—without cost, without obligation—he will gladly survey your home for heating or air conditioning, or both. Phone him for a free survey today!

## Landmark\* by **LENNOX**

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in

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'58"...

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WITH COLOR...

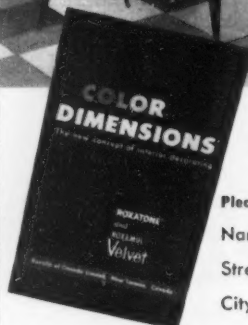
create new effects in space, light and atmosphere to match your personality and mood. COLOR DIMENSIONS, the exciting decorating concept introduced in Chatelaine "HOMES '58" can make your home attractive—expressive!

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His eyes sparkled. "Say, do you remember that? My idea for a place designed for lovers? A labyrinthine design, so that no one table is visible from any other table."

She nodded, smiling, pleased with his enthusiastic response. "You drive up to these enormous locked gates, and you wait there in your car until the gates are opened electronically. That's so there's no danger of your seeing any other car, or of another car seeing you."

"Then you drive up onto this loading platform," David said, "and you leave the car and it's taken down to the parking level below the restaurant-bar."

"The head waiter seats you. The couple who came in before you have already been seated. You don't see them, they don't see you."

"Naturally not. You're at a hidden table. Departures are timed by the management so that no two couples leave simultaneously. Your car is brought to the front door, and away you go. *Voilà!* The Plotters' Hide-away."

She laughed, and he reached across the table suddenly, capturing her hand.

"I'd almost forgotten what your laugh was like, Lois."

She drew back her hand. "If we're going to have that drink..."

"A Martini," he said, "or has it changed? A twist of lemon rind, am I right?"

"It's still the same."

"You've forgotten what I drink," he said teasingly.

"You know I'll never forget, David."

"I'm testing you."

"Please."

"You don't remember."

"I do. Scotch..." She caught herself. "Oh please, David. Of course I remember."

His eyes went suddenly solemn. "Do you know what I feel like doing right now?"

"What?"

"Kissing you."

"No." She shook her head.

"Yes."

"David..."

She knew he would kiss her. She knew with infuriating certainty that he was capable of tossing caution completely to the winds, of spreading panic to every part of her body by exercising a sudden whim. Like the time he'd driven her out past the airport to the beach on a crowded Saturday. She had protested all the way,

but he'd insisted he wanted to see her with the wind in her hair, and he'd dragged her to the shorefront while she trembled with the knowledge that a thousand unseen eyes could be watching them, a single girl and a married man alone together at the lake. And now he leaned over the table just as the waiter approached to take their order, and his lips touched her mouth gently, and she did not resist his kiss. She closed her eyes, bewildered by the reawakening of a response she had thought dead long ago.

THE WAITER cleared his throat.

"A dry Martini, lemon rind," David said, looking up, unembarrassed. "Scotch on the rocks."

"On the rocks, did you say, sir?"

"Yes. And hurry, could you? My wife has an appointment."

A look of pain darted onto her face. The waiter padded away, and David said, "Forgive me. Coverup has become a habit, I guess."

"Yes." She could still feel his kiss on her mouth. She fought now to keep her eyes off his face, but she could not wrench them away.

"Are you really in town shopping?"

Her eyes widened. "Of course I am!"

"I thought perhaps..." He shrugged.

"That's not very flattering, David."

"Forgive me," he said. He grinned suddenly. "I seem to be apologizing all over the place, don't I?" The grin vanished. "Are you happy, Lois?"

"Yes. Yes, I am," she said without hesitation. She studied her hands on the table top. Her engagement ring and wedding band caught the blue lights of the ceiling, trapping them.

"Really happy?"

Really happy? she thought. Yes, she supposed she was really happy. She had not been happy for a long time after David had ended it, but after a while she had fallen back into the routine of things. And then, of course, she'd met Tom. And if her life now lacked the old frantic adventure she had known with David, there was a gentle current of warmth to it, and she was at last grateful for the way things had worked out. Grateful and happy. She had been happy today, shopping for Tom's sweater. She had been happy in the heart of the city feeling the first surge of springtime. And now David was back in her life, if briefly, and she wondered about happiness now, wondered if she were really happy.

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To him, she said, "Yes, of course. Tom's business is doing remarkably well, and little Connie is becoming quite a regular little lady. I've been very busy, David, and . . ."

"What sort of fellow is your husband?" he asked.

"How do you mean?"

"Solid? Good old solid Tom?"

"He's good," she said, coming instantly to his defense. "He loves me."

"Does the phone still ring?" he asked, dismissing Tom. "Do you miss my calls?"

"No," she said quickly. In the beginning, she had missed his voice, had rushed to the phone whenever it rang. Later, when she had consoled herself to the fact that she would not hear his telephoned "Hi" again, she had stopped thinking of the phone as a malicious instrument of torture.

"I miss calling you," he said.

"Really?"

"Yes."

"I don't believe you."

"Don't," he told her flatly. "It's the truth."

The waiter brought their drinks, and then left. David lifted his glass.

"Here's to all sorts of," he said.

"I made that toast on New Year's Eve," she said. "I was a little high, and it came out quite unconsciously. I lifted my glass and said, 'Here's to all sorts of,' and Tom said, 'All sorts of what?' I didn't know what to answer because I'd never really asked you just what you meant. So I said, 'All sorts of happiness.' Was that all right?"

"That filled the bill very nicely."

"Thank you," she said. She raised her glass. "Here's to all sorts of."

They drank.

"STRONG," she said. "I must be getting old, well past my green and salad days."

"Those were good days," he said.

"Were they? I wonder. It was like being in deep hypnosis."

"Do you really have to catch a train?" he asked suddenly.

"Yes."

"What time?"

"Well . . ."

"I'd like to make love to you," he said.

"David, don't . . ."

"I'd like to very much."

"Please."

"Have I insulted you?"

"No."

"You always seemed insulted by the fact that I desired you. You should have been flattered."

"I was." She looked at the open

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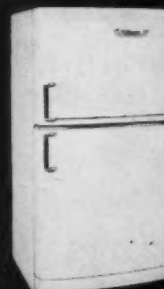
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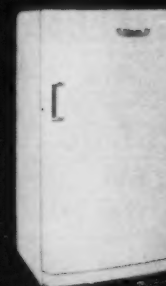
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perfect for starter sets



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\*Melamine is a product of Cyanamid of Canada Limited

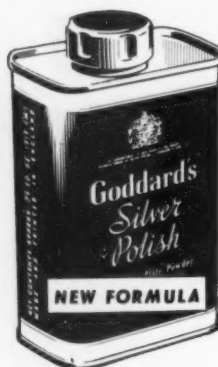


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mouth of her glass. "This really is quite strong."

"You really are quite lovely," he said seriously.

The conversation stopped. David looked at her, and she returned his solemn gaze. He smiled abruptly.

"So, what else is new?" he asked.

"Oh, you know," she said. "Little things."

"Like what?"

"We bought a station wagon."

"Oh? Have you learned to drive?"

"Yes." She grinned. "It would make things easier now, wouldn't it? Meeting you, I mean. My knowing how to drive."

"Immeasurably," he said, returning her grin. "Have another drink?"

"No, no, I really can't."

"Are you afraid of me?" He tweaked an imaginary villain's mustache.

"Yes," she said.

"Really?" He seemed surprised. "What on earth for?"

"You hurt me. I can't be hurt again. It took me a long time to get over the way you hurt me."

"I didn't want to hurt you. You knew I was married. Believe me, Lois, I didn't want to hurt you."

"I think you did want to. You ended it so cruelly. And on the telephone. We'd promised each other never to end it on the telephone, and you broke the promise. That was a hard good-bye, David. I sat by the phone after you'd hung up, and I tried to keep from crying, but I couldn't. I . . ." She shook her head. "What difference does it make?"

"It was better that way," he said. "If I'd seen you, I'd never have been able to end it."

"Why did you suddenly feel compelled to end it?" she asked. "I thought we . . ."

"We were getting too involved. I was beginning to think of you too often."

"I thought of you every minute, from the first day we met."

"Well . . ."

"Every minute," she repeated. "You were burned into my mind. I went around in a cloud, and the cloud was you, the things you said, the touch of your hands, the way you . . ." She hesitated. "I . . . I never stopped thinking of you. I was never alive except when I was with you. And now you tell me you were getting too involved. I was hopelessly involved the moment I laid eyes on you. I never stopped being involved."

"Women love . . . differently than men," he said lamely.

"Do they?" She studied his solemn face. "You killed me when you left, David. I was utterly dead. It took me a long while to become alive again."

"I was stupid, I suppose. It's just . . . if I'd only met you ten years earlier. If . . ."

"If," she said flatly.

"I was stupid," he said again. "I should never have let you get away from me."

She looked at her watch. "I have a train to catch," she said.

"Lois!" He caught her hand. She felt the electric warmth of his fingers, and suddenly she was weak again.

"David, I . . . I must go. Tom expects me."

"No," he said, "listen to me. I want you. I still want you."

"No." She shook her head. "Please, no, no . . ."

"I love you, Lois. I didn't realize just how much until I saw you again."

### AH, HOSPITALITY

Georgie Starbuck Galbraith

*How sweet to greet the welcome guest*

*And give him sustenance and rest;  
To sit with him for half the night  
In confab serious or light,  
Then tuck him in your own soft bed*

*And on the sofa lay your head,*

*And in the morning, sweet indeed  
To yield the bathroom to his need,  
Then break his fast with royal food.  
Ah, hospitality! How good!*

*What else, mine host, so warms the heart,*

*Except to see the guest depart!*

You said you were dead—all right, I was dead too. But now I'm alive again, do you know that? Just being with you, I'm alive again. Do you know? Do you know how I feel?"

"David . . ."

"Tell me the truth! Were you really alive again? Were you really alive until you saw me again this afternoon, until we met?"

"No," she admitted. "I wasn't. I wasn't really alive."

"I won't let you go this time. This time I'll keep you forever."

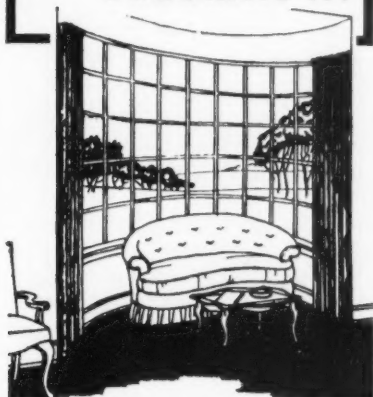
"Keep?" she asked. "Forever?" And the words together had a hollow, futile ring to them. She raised her eyes to meet his. He smiled tentatively.

"We're together again, darling," he said.



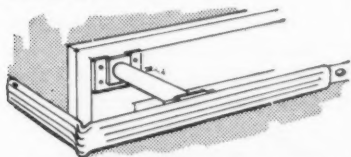
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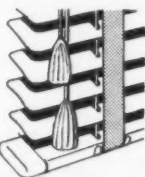
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"And where does it lead this time?"  
"Does it have to lead someplace?"  
he asked. "We'll let it lead wherever it wants to, how's that? Anywhere! Everywhere!"

She watched the excitement on his face, and she said nothing.

"I've got the car in town," he said, beginning to plot already. "It'll take me a minute to get it. You can call your husband, can't you, tell him you've been delayed? I'll have you home by seven at the latest. You can call him, can't you?"

"Yes, I can call him," she said.

"What'll you tell him? The trains? That always worked for me. A delay in the station, how's that?"

SHE STUDIED him across the table, studied the immature mouth, and the glowing eyes, and the eager forward tilt of his body, studied all the things she had loved, all the things she had carried inside her, buried deep in her memory since the night he'd called to end it. She studied him, and she realized of course that he'd been absolutely right, she hadn't been alive again, not really alive again until this meeting with him that afternoon. And it seemed to her now that this meeting had been a necessary thing, a part of the plot they'd once shared, something without which she would never have known really complete happiness ever again.

She sighed heavily and pushed back her chair, lifting her purse from the table.

"There's a phone at the end of the bar," he said, smiling.

"I saw it when we came in," she answered.

"Plotters, plotters," he said, his smile widening.

"No," she answered.

"What?"

"I have a train to catch, David. Thank you for everything."

"What? But . . . but you admitted . . . you admitted you were alive again now. You said . . ."

"I am," she answered, and then, seeing his puzzlement, she touched his face gently and said, "David, David. Thank you, David."

She turned and left him at the table, and she heard the hollow click of her high heels as she walked out of the lounge and into the street.

The wind had grown stronger.

It made her eyes tear, but only until she grew accustomed to it. And then she threw back her head and quickened her step and breathed deeply of spring. ♦

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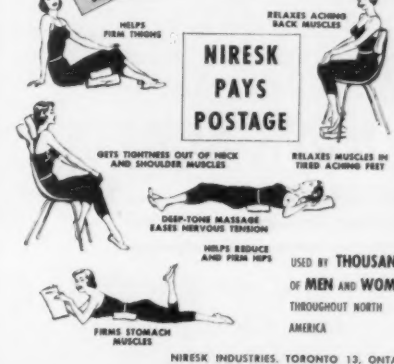
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## HAVE THE DIONNES FOUND HAPPINESS?

Continued from page 25

the minds of many gossip writers.

After witnessing the first days of their courtship, I have since seen Philippe's and Cécile's romance blossom in the simple and honest way of two young people in love. After Philippe, I was the first person to know of Cécile's hope of having a child; she had not been sure she could ever experience this greatest of joys, the satisfaction of a complete woman.

Now, as this is being written, she is getting ready for the event—she has decided to use the natural-child-birth method—and with Philippe she makes plans for the future.

### Her dolls from childhood

Among their plans, they suggest, may be a move from their present eight-room home to a house nearer the river, far from the congestion and noise of the city. But wherever they decide to establish their home, the décor, furniture, knickknacks and mementos will be the same, because since they first moved in they have brought to their home their own personalities and tastes in harmonizing the colors of the walls, the furniture and the drapes. They have chosen period furniture from the "big house in Corbeil." There are some of the souvenirs of the little universe that was the nursery where the quintuplets spent their first days, where they took their first steps and where, always sticking together, they traded dolls, exchanged toys, shared cribs and prams. There are mementos that do not belong to any one Quint but to all—for example, the bronze sculpture, now resting on the hi-fi set, showing the heads of the five girls as children; a large painting of the five children playing, and another, hung over the mantelpiece, of the girls in their teens, playing the piano and singing together. These are all souvenirs that Cécile brought into her own home and installed among her gaily colored ceramics.

In one of the upper rooms sits the sterilizer formerly used for the Quints' bottles and Dr. Dafoe's surgical instruments. In the basement are kept for the moment the objects which, for Cécile and her sisters, have great sentimental value — bassinets,



Annette Dionne, second of the Quints to expect a baby, dines out with husband Germain Allard.

cribs, mattresses, scales, and dolls from the Dionnes' period of glory.

Everywhere in the house magnificent pale grey rugs lend an atmosphere of warmth. In the azure-blue master bedroom Cécile has put twin beds upholstered in green brocade and, as the sole decoration, over the bed, an enamel representation of the Holy Family, the work of the Quebec artist Thérèse Brassard. Each of the three good-sized upstairs bedrooms is also furnished with twin beds upholstered with brocade and covered with spreads designed to harmonize with the color scheme of the room. Among all this, a clock that plays barrel-organ music, *objets d'art*, Daum crystals, enamel masks and still lifes, most of them bearing Thérèse Brassard's signature, add a touch of refinement enhanced by the soft light of the sun filtered through the bay windows.

The radio is very seldom on in the Dionne-Langlois living room, but visiting friends regularly gather round the hi-fi set with their hosts to listen to Vivaldi. Opera is Cécile's—as well as Philippe's—favorite and they have a large collection of operatic records. Bach, Bizet and Beethoven are also well represented, as well as Chopin whom Cécile likes especially.

### Late hours for Philippe

Most evenings are a lonely time for Cécile, for Philippe, a CBC television technician, is kept late at the studios. She spends these solitary hours reading some light book, listening to records or watching TV. Sometimes she goes to bed early and gets up again when Philippe comes home, bringing with him a couple of barbecued chickens he has picked up at the local curb-service. Then they will sit up, eating the chicken and talking far into the night. However, this does not stop Philippe from getting up early in the morning, for then is the only time he has to work around the house and the garden or to answer the Dionne sisters' voluminous correspondence



that has been piling up on his front-hall desk. Cécile busies herself with her housework. They find very little time to go out together on the town, do some shopping or simply take long walks.

Philippe likes to see his wife well dressed, but Cécile remains within the bounds of simplicity in the choice of her wardrobe. She prefers a simple, well-cut garment to the mink cape she was wearing the day of her wedding. Although her personal trousseau is made up of dresses designed and embroidered specially for her, she seldom wears them.

When her sisters come for a visit Cécile relives with them the memories they've shared since Emilie's death and since the marriage of two of them within six weeks of one another last year. Each of these visits means a touching reappearance of an affection born of their common sufferings and shared joys.

#### Cécile's 13 in-laws

Marie has a gay nature and loves to laugh. Yvonne, who is more serious, is now taking a rest after completing a hard nurse's training which she saw through to the end, even after Cécile quit to get married. Having a special liking for social work, it seems more than likely that Yvonne will make a career of that type of work. Annette—who is married to Germain Allard, a former McGill student now employed by a finance company—has become a radiant young woman and the perfect image of a happy housewife. Less restrained than her sisters, Annette expresses her happiness through a sweet and suave voice and a vivacious manner of speaking. She is expecting her child a few weeks after Cécile's.

Philippe and Cécile often visit the Langlois family in Quebec City. Cécile, who opens up only after having known a person for a while, is now very much at ease with her husband's thirteen brothers and sisters. She calls her mother-in-law by her first name, Marie-Jeanne. At the first meeting one finds that Cécile offers a rather cool front, but one soon realizes that this façade shields a sensitive and normally retiring soul. Because during the first twenty years of her life she has had to live very much in the public eye, she has hidden her real self behind this mask of indifference; nevertheless, she can open out at the first appeal to her sentiments. Quite often she can be heard talking about patients she has

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taken care of and, in these moments, her tender expression reveals more friendship than merely simple pity.

For Cécile, Philippe frequently brings home small gifts—a basket of fruit, a bouquet, a kitchen gadget, a bottle of her favorite perfume. For Philippe, Cécile has begun to use make-up, undergoes fastidious beauty treatments and keeps a close watch on her diet. For him, she has become a modern woman of good taste, a completely different person from the one the public knows from those misleading photographs that made the sisters look like badly dressed fat

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girls with stiff hair and stiff smiles.

For him also, she is undergoing her apprenticeship in domestic life while preparing for her role as a mother, and interesting herself in everything a housewife should know. She sets an attractive table with damask linen or embroidered tablecloths, Royal Doulton dinnerware and sumptuous cut crystal. And she has become an excellent cook.

Philippe does not mind doing a spot of cooking himself. *Filet mignon au cognac* is a specialty. He can also be rather absent-minded, as on the day he wanted to help his wife and forgot some pineapples he had put in the oven.

Cécile always wants to keep her intimate joys to herself, and the not-always-kind probings of the press affect her deeply. No woman, I believe, will ever be able to understand her children better than Cécile Dionne, and she proposes to shield them from the often cruel experiences of which she and her sisters were the victims in the past. She told me once, "I am afraid of loving too much, I am afraid of never having the courage to discipline them even when they deserve it. It seems to me that I shall give them too much of the love I missed so much . . ."

#### A bouquet for Emilie

She rarely speaks of her past, but when she does, everything comes up in a spurt as if she were trying to get rid of too heavy a weight. It is evident that her new life is helping her to detach herself from sometimes sad reminiscences.

A few days before marrying Philippe, she said to me, "Don't you think that I shall lead a happy married life?" There was no trace of anxiety in her voice, she just wanted to hear someone else confirm what, to her, was already an established certainty.

On the day of her marriage she did not want to keep her happiness only to herself. It was also shared with Emilie in the cold and desolate little cemetery at Corbeil where the bride, unnoticed by anyone, went to leave her wedding bouquet on her sister's snow-covered tomb. The bouquet was a token of the deep and lasting affection she feels for the one of the five sisters who had been the least understood and the most injured.

Cécile has made a promise: if her baby is a girl, she'll call her Emilie. And thus a world-known name erased by death will live again. ♦

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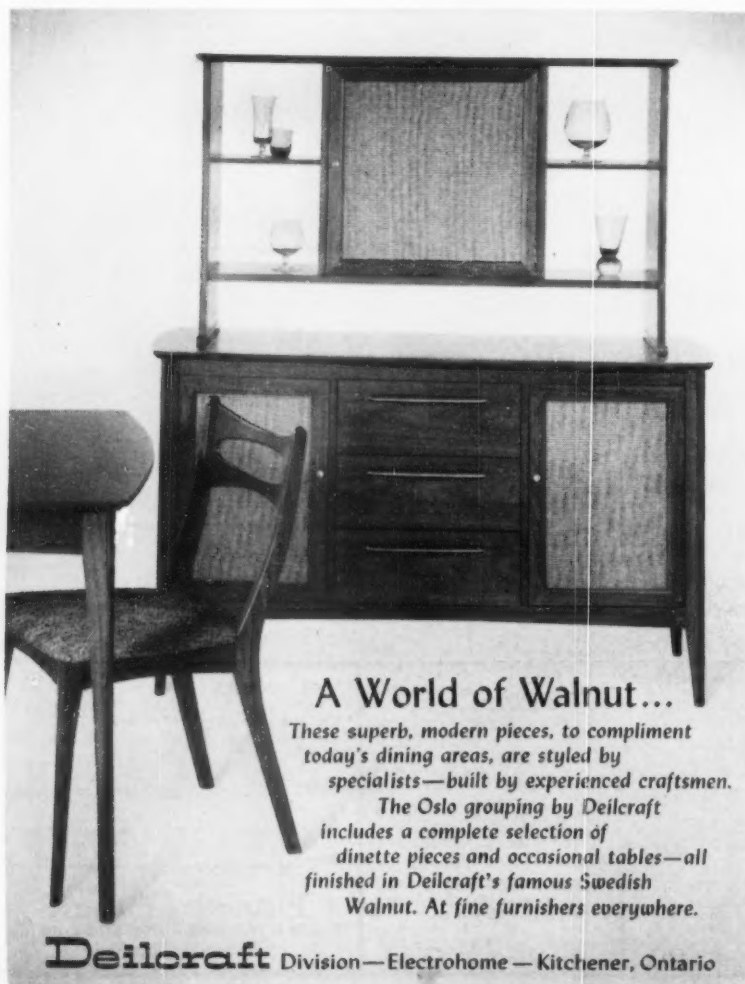
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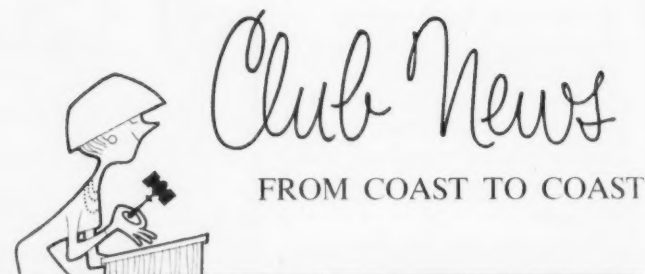
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**CHATELAINE'S**



**HOW "THE HUT" SERVES PEEL**

When Chatelaine's Club Awards were announced four issues ago, we had space to tell only about the achievement of the winner, the Ladies Aid to the United Church at Thorhild, Alta. The runners-up—Alpha Epsilon Delta Sorority of Peel County, Ont.; the Women's Guild, Christ Church, West Flamboro, Ont.; St. Martha's Hospital Auxiliary, Antigonish, N.S.; and the Greater Niagara Big Sister Association—were merely mentioned. This was a pity. They all had stories to tell of immensely valuable community service.

So we've gone through the plump runners-up file again and picked out the submission which impressed us the most. It's from the Alpha Epsilon Delta Sorority and it's about "The Hut" which the sorority runs in Lorne Park, near Toronto. The neat plywood hut is a clothing centre. Each Tuesday, all through last year, two homemaker members were on duty to outfit children brought to the centre by public-health nurses or representatives of social agencies and churches. A weekly average of forty-three children were outfitted without charge—and no questions asked—from the hut's stocks of new or scrupulously clean and mended castoff clothing.

The cost of operating the centre last year was twenty-five hundred dollars. The sorority membership fee is two dollars per year. With only forty-five members to draw on, the group raised the bulk of its funds at a bazaar in the Port Credit United Church, a fashion show and through the sale of Christmas cards.

The value of The Hut was dramatically demonstrated just before Christmas last year when the home of a Lorne Park family was destroyed by fire. The parents and their five small children escaped unharmed but lost everything. Within several hours, all of the children were outfitted free—from head to toe—from the sorority's stockpile.

The sorority's hut is unique in Canada. In the district which benefits directly from the Alpha Epsilon Delta Sorority's voluntary clothing mission, ministers of all faiths have paid tribute to the women's achievement. They have remarked on the fact that all of the members are married with growing children of their own.

Besides its operation of The Hut, this sorority also supports an Italian child through the Save The Children Fund and makes an annual contribution of one hundred dollars to the local Retarded Children's Fund.

The other three runners-up also took the broad view of community service. The Women's Guild to Christ Church, West Flamboro, Ont., raised two thousand dollars to equip a kitchen and parish hall which is the meeting place, not only of parishioners but also of ethnic groups, teen-agers, Cubs, Scouts, Brownies and Guides. The money was raised by charging admission (50 cents) to four houses, each elaborately decorated to demonstrate Christmas gift ideas.

The Greater Niagara Big Sister Association, with a membership of thirty, worked a total of 1,243 woman-hours in the service of district girls between the ages of eight and eighteen. Five counties in Nova Scotia benefited from the urological table and X-ray unit which St. Martha's Hospital Auxiliary presented to the Antigonish hospital. It took fourteen projects, including the publication of a handsome Keltic cookbook, to raise \$4,240—the price of the equipment. ♦





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### COSMOPOLITAN CHICKEN AU GRATIN

1/2 pound sliced mushrooms 2 or 3 tablespoons sherry  
6 tablespoons butter or 2 cups cut-up cooked  
chicken fat chicken  
6 tablespoons flour 3 cups cooked egg noodles  
1 1/2 cups chicken consommé 3 slices process cheese  
3/4 cup 18 percent cream or  
evaporated milk

Sauté mushrooms in 3 tablespoons fat. Remove from pan. Stir in remaining fat and flour. Add consommé and stir until thick. Add cream and reheat for one minute. Stir in mushrooms, sherry and chicken. Correct seasoning with salt and pepper. Line a buttered 1 1/2-quart casserole with noodles. Pour chicken mixture into centre. Bake at 400 deg. F. for 20 minutes. Cover edge of casserole with triangles of cheese. Return to oven for 3 minutes. Garnish with tomato and parsley. Serves 6.  
Note: For company dinner, place parboiled frozen asparagus in the casserole before adding noodles and chicken.

# Meals of the Month

### Minute tips for flavor and fun . . .

Fill a layer cake with raspberry pie filling and frost with sweetened whipped cream for a quick company dessert.

Rinse out almost empty ketchup and sauce bottles with wine and add to stews, meat pies or pot roasts.

Try 1 teaspoon grated orange or lemon rind and 1/2 teaspoon mace for every 2 cups of flour in a homemade doughnut recipe.

Crumbled bacon rinds mixed with onion salt and cracker crumbs make a special topping for simple casseroles such as scalloped tomatoes.

Add diced bananas and chopped maraschino cherries to marshmallow topping. Spoon over scoops of pineapple sherbet for dessert.

### Dinners of the month . . .

					MONDAY	TUESDAY
					1 HOLIDAY PICNIC Cold Roast Chicken Potato Chips Waldorf Salad Blueberry Tarts	2 Braised Beef with Vegetables Parsley Dumplings Lettuce Wedge Dressing Raisin-Apple Squares
3 Stuffed Spareribs Pineapple Glaze Baked Sweet Potatoes Broccoli Plum Crisp	4 Breaded Liver Scalloped Potatoes Spinach Dill Pickles Apple Upside-down Cake	5 Broiled Pickered Lemon Slices Fried Rice Marinated Green Beans Baked Lemon Sponge	6 Grilled Lamb Chops Mushroom Sauce Stuffed Green Peppers Salad Peach Shortcake	7 Pot Roast of Beef Roast Potatoes Cauliflower Assorted Pickles Banana Cream Pie	8 Curried Beef and Noodle Casserole Sliced Tomatoes Salad Preserved Cherries Almond Macaroons	9 Fried Chicken Herb Gravy Baked Potatoes Harvard Beets Stuffed Baked Apples
10 Broiled Kidneys Ham and Peaches Fried Potatoes Peas Spice Chiffon Cake* Maple Ice Cream	11 Cubed Minute Steak on Toast Fried Green Tomatoes Corn on the Cob Lemon Tapioca	12 Fried Haddock Tartare Sauce Spanish Rice Wax Beans Melon Cupcakes	13 Broiled Hamburgers Creamed Potatoes Parsley Carrots Deep-dish Peach Pie Tea Coffee	14 Roast Loin of Pork Sweet Potatoes Brussels Sprouts Watermelon Pickle Jelly Angel Cake	15 Green Pea Soup Cold Sliced Pork Spiced Crab Apples Beet-Celery Salad Apple Dumplings	16 Tuna-Macaroni Casserole Green Beans Salad Gingerbread Honey Whipped Cream
17 Corned Beef Hash Lima Beans Cabbage Salad Lemon Pudding Strawberry Sauce	18 Baked Liver Loaf Creamed Onions Baked Potatoes Green Salad Jelly Roll Ice Cream	19 Cheese Soufflé Mushroom Sauce Broiled Tomatoes Sweet Pickles Peaches Danish Pastry	20 Sirloin Steak Potatoes Squash French Fried Onions Celery Sticks Olives Raisin Pie	21 Roast Chicken Rice Stuffing Minted Carrots Spinach Salad Apple-Cranberry Crisp	22 Chicken au Gratin* Potato Chips Orange-Onion Salad Apricot Sponge Whipped Cream	23 Breaded Veal Chops Canned Spaghetti Broccoli Fresh Stewed Pears Chocolate Layer Cake
24 Meat Loaf Baked Potatoes Whipped Turnips Lettuce Salad Fruit Coffeecake	25 Baked Pork Chop with Apples Noodles Cauliflower Swiss-chard Salad Maple Custard Cookies	26 Steamed Salmon Caper Sauce Peas Fried Potatoes Date Squares Peaches Tea Coffee	27 Baked Stuffed Heart Scalloped Potatoes Beans Dill Pickles Apple Pie Ice Cream Tea Coffee	28 SUNDAY SMORGASBORD Assorted Cold Cuts Smoked Fish Relishes Garlic Potato Salad Fresh Fruit Cheese	29 Braised Short Ribs Roast Potatoes Canned or Frozen Corn Mustard Pickles Ginger-Pear Cobbler	30 Barley Soup Baked Sausage Buttered Noodles Beets Lettuce Salad Marble Cake Fruit Cup

\*Recipes appear in this issue.

### Breakfasts and lunches for any day you need them . . .

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Tomato Juice French Toast Apple Jelly Coffee Cocoa	Orange Juice Whole-wheat flakes Sliced Peaches Toasted Protein Bread Caramel Butter Spread	Stewed Prunes Fluffy Omelet Chili Sauce Toasted Coffeecake Coffee Milk	Apricot Nectar Ready-to-eat Cereal Grilled Bacon Toast Coffee Jam Milk	Fresh Grapes Hot Oatmeal Cinnamon Toast Honey Butter Tea Milk	Grapefruit Juice Scrambled Eggs Chutney Apple Waffles Coffee Chocolate Drink	Melon Wedge Broiled Ham Slice Glazed Apples Toasted Cheese Loaf Coffee Milk
Lunch	Vegetable Soup Cheese Crackers Crisp Celery Ginger Cookies Tea Lemonade	Salmon Salad Sliced Cucumbers Potato Salad Russian Dressing Jelly Chelsea Buns	Celery Soup Ham and Tomato Sandwich Assorted Pickles Butter Tarts* Milk	Hot Dogs Relish Cabbage Salad Corn on the Cob Peaches Brownies Tea Milk	Rice and Cheese Herb Topping Romaine Lettuce Salad Prune Whip Custard Sauce	Homemade Beef Soup Asparagus on Toast Tomato Slices Fruit Cup Cookies	Creamed Mushrooms With Sherry on Popovers Olives Carrot Curls Refrigerator Cake

### Recipes and snacks for the creative cook . . .

Try a peach topping on chilled brownie squares or spice cake. Beat 1 cup whipping cream until stiff. Fold in 2 tablespoons sugar, dash almond flavoring and a 5-ounce can of Junior's strained peaches. Decorate with peach slices.

Dress up your favorite cooked vegetable with an almond sauce. Melt 1/4 cup butter. Add 1 heaping tablespoon slivered blanched almonds. Stir until golden brown. Add 1 tablespoon each of lemon juice and chopped green onions. Pour over hot vegetables.





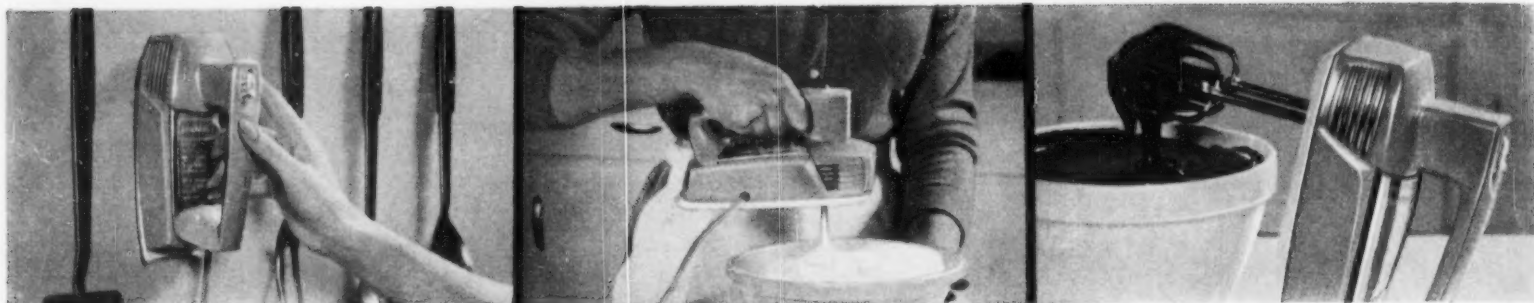
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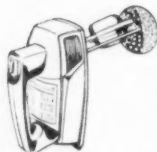
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## THE ART OF COUNTRY COOKING

Continued from page 37



### WHITE BREAD

MME MARIE CERE  
Bois-Franc, Que.

- 1 envelope dry yeast
- ¼ cup lukewarm water
- 4 cups liquid (lukewarm water and cooking water from potatoes, if desired)
- 3 tablespoons sugar
- 4 teaspoons salt
- 2 tablespoons shortening
- 11 to 12 cups all-purpose flour

Dissolve the yeast in the lukewarm water. In the four cups of liquid dissolve the sugar, salt and shortening, then add yeast and flour, a little at a time. Let rise in a buttered dish, in a warm place, covered with a damp cloth, until doubled. Let the dough rise two or three times and knead after each rising. Place in four greased loaf pans and let rise to double their volume. Bake in a hot oven ¾ to 1 hour, according to the size of the loaves.

I always let the dough rise two or three times, and knead it well each time on a board with the palms of my hands. I learned to bake bread by patiently trying recipes over and over again.



### BROWN BREAD

MRS. C. D. LAWRENCE  
Fulworth, N.S.

- 1 package dehydrated yeast
- 2 teaspoons granulated sugar
- ½ cup lukewarm water
- 3 tablespoons brown sugar
- 3 tablespoons molasses
- 2 tablespoons shortening
- 3 cups lukewarm water
- 5 cups sifted all-purpose flour
- 5 cups whole-wheat flour
- 4 teaspoons salt

Sprinkle yeast and sugar over lukewarm water. Let stand until dissolved. Add brown sugar, molasses, shortening and 3 cups lukewarm water. Stir in white flour, whole-wheat flour and salt mixed together. Knead dough until smooth and elastic (about 5

minutes). Place dough in greased bowl. Cover with a clean cloth. Let rise till double in bulk (about 3 hours). Shape into loaves and place in greased pans in warm place to rise again (about 1 hour). Bake in moderate oven 350 degrees F. for 1 hour. Remove from pans, turn on wire rack to cool.

I find brown bread dough does not need to rise quite as high as white bread. For the first 15 minutes of all bread baking, oven should not be hot as the bread will continue to rise in that time; this will also avoid a hard crust. Another way to assure a soft crust is to rub it with butter after taking out of oven. To avoid mold, never put bread in the breadbox until completely cool.



### PEANUT BRITTLE

MRS. W. S. LOUGHEED  
Grande Prairie, Alta.

- 1 cup sugar
- ½ cup corn syrup
- ½ cup water
- 1½ tablespoons butter
- ½ teaspoon lemon extract
- 1½ cups shelled peanuts

Combine sugar, syrup and water in pan. Stir until it begins to boil, wash down sides with wet pastry brush and cook to 310 degrees F. Add butter, flavoring and nuts. Pour into shallow buttered pan. Break in pieces.

I always brown the peanuts slightly in a buttered pan before adding them to the syrup.



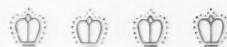
### GREEN TOMATO PICKLES

MRS. RAY F. MORRIS  
St. John's West, Nfld.

- 10 pounds onions
- 10 pounds green tomatoes
- ½ cup salt
- 5 sweet red peppers (cut in small pieces)
- 1/3 cup pickling spices
- 3 pounds sugar
- 2 quarts white vinegar

Cut up the tomatoes and onions. Sprinkle with salt. Let stand overnight. Next morning drain off all liquid. Add other ingredients to tomato mixture. Boil 1½ to 2 hours, add salt to taste while cooking. Put in hot sterilized jars and seal.

Continued on page 90



*Magic Moment*

... excitingly new

### NOBILITY patterns

*Magic Moment* . . . Nobility's glamorous new look in quadruple-plated silverware. And to complement this excitingly different silver . . . a *Magic Moment* pattern in Fine China. Both designed especially for you by master craftsmen. See these top quality products of Empire Crafts (Canada) Ltd. by welcoming our Club Director into your home.

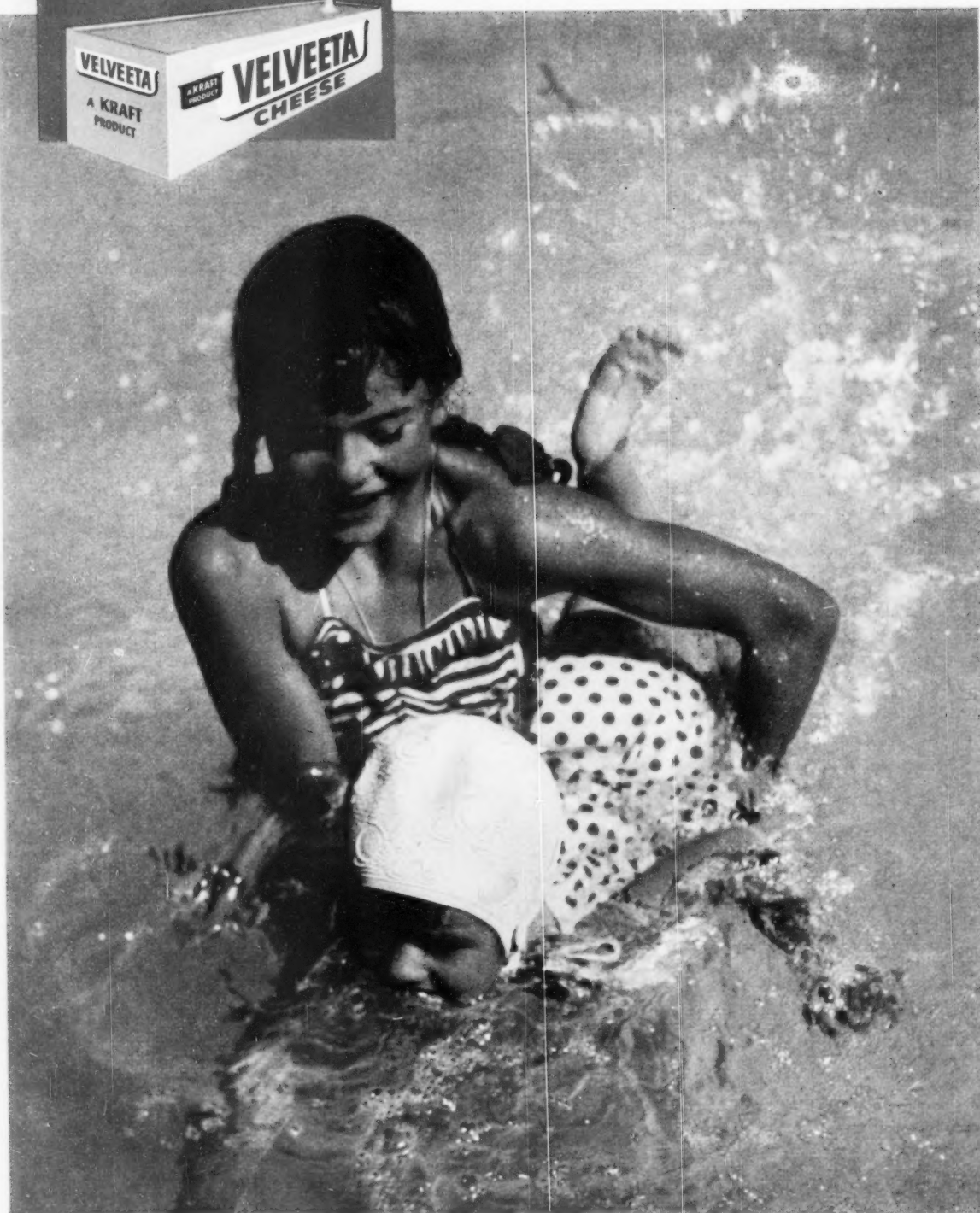


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## VELVEETA CHEESE GIVES THEM A GALLON OF MILK IN EVERY POUND!



**Kids "In the swim"** go through a vast amount of energy... and one *very* good source is Velveeta, the mild Kraft cheese youngsters like so much! Whole-some Velveeta is made with milk—and to give it concentrated nourishment, we add *extra* milk minerals and sugars. There's all the goodness of a full gallon of milk in every pound of Velveeta!

These extra quantities of vital proteins are just what active, growing bodies need. In snacks, sandwiches, main dishes—give them delicious Velveeta, for good milk nourishment.

# VELVEETA

made by **KRAFT**

Continued from page 89



### MILK ROLLS

MRS. CHARLES  
GIBSON  
Bathurst, N.B.

- ¼ cup lukewarm water
- 1 level tablespoon sugar
- 1 cake compressed yeast
- 1½ cups milk
- 2 eggs, well beaten
- 1/3 cup white sugar
- 1/3 cup shortening
- 1½ teaspoons salt
- 5½ cups (approximately) all-purpose flour, sifted

Mix lukewarm water, sugar and yeast together. Let stand until yeast is soft. Scald milk. Cool to lukewarm. Add eggs, sugar, shortening, salt. Add yeast mixture. Add flour a little at a time to milk mixture and beat after each addition. Add just enough flour to make a soft dough. Place in a greased bowl and let rise till light. Turn out on a board and roll with a rolling pin to 1-inch thickness. Cut with a floured round cutter or small glass. Dip each roll in melted butter or shortening. Place side by side in a pan. Let rise to double in bulk. Bake in a fairly hot oven about 375 degrees F. for 20 minutes. Brush rolls while hot with melted butter.

Warm the flour before using and have everything else at room temperature. I find a soft dough makes the lightest rolls.



### RAGGED ROBINS

MRS. A. W. WILMER  
Galt, Ont.

- 1 cup butter or margarine
- 2 cups lightly packed brown sugar
- 2 eggs
- 2 tablespoons water
- 1 teaspoon vanilla
- 3 cups sifted all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon soda
- 1 cup walnuts
- 1 cup cherries and mixed peel

Mix all ingredients together. Drop by spoonfuls on greased cookie sheet and bake at 350 degrees F. for 12 minutes or until light brown. Put cherry on top before baking.





## CHERRY PIE

MRS. ERNEST  
GORICK  
Harrow, Ont.

### CHERRY PIE FILLING

- 2 15-oz. cans, canned or frozen pitted pie cherries
- $\frac{3}{4}$  to 1 cup sugar
- 3 tablespoons cornstarch
- $\frac{1}{8}$  teaspoon salt
- 1 tablespoon butter
- 8 drops almond extract

Combine sugar, cornstarch and salt. Stir in butter, then cherry juice and extract. Cook until thickened, then add cherries and let cool while making pastry.

- 2 cups sifted pastry flour
- $\frac{2}{3}$  teaspoon salt
- $\frac{2}{3}$  cup shortening
- 4 tablespoons iced water

Measure flour into mixing bowl and mix salt through it. Cut in shortening with a spoon. Sprinkle with the water and mix just enough to hold together. Divide into two balls and roll on a pastry canvas lightly dusted with all-purpose flour. Fit into a 9-inch pie plate. Add filling and cover with a lattice top. Bake in hot oven 425 degrees F. about 40 minutes. To keep pastry from overbrowning, fold a 2½-inch strip of aluminum foil loosely over piecrust edge, removing it about fifteen minutes before pie has finished baking.



## MAPLE CREAM

MRS. A. H. TREVOY  
Saskatoon, Sask.

- 2 cups yellow sugar
- $\frac{1}{2}$  cup milk
- 1 teaspoon vanilla
- 4 tablespoons butter
- 1 cup chopped nuts

Stir sugar in milk until melted over heat. Boil until a soft ball forms in cold water. Take off fire, add butter and stir. Let cool until saucepan is just warm. Add vanilla. Beat until it will just pour on a plate. Add nuts. Crease when set.

I've made a hobby of exhibiting cooking, canning and sewing for at least twenty years (with about seventeen "firsts" each year at the Saskatoon Fair). Have learned standards and in some instances have worked out my own recipes.



## CHOCOLATE CAKE

MRS. DAISY WHITE  
Burks Falls, Ont.

- $\frac{3}{4}$  cup soft butter or margarine
- $1\frac{1}{2}$  cups brown sugar

- 2 heaping tablespoons cocoa (4 level)
- 2 well-beaten eggs
- 1 teaspoon vanilla
- $\frac{1}{2}$  cup milk
- 1  $\frac{2}{3}$  cups unsifted all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{8}$  teaspoon salt

Cream butter, sugar and cocoa to-

gether. Add eggs and vanilla. Beat well. Stir in sifted dry ingredients alternately with the milk, then add  $\frac{1}{2}$  cup boiling water to which 1 teaspoon soda has been added. Mix well and divide between three greased and floured 8-inch layer cake pans. Bake

Continued on page 92



You can save a lot of calories by sweetening with Sucaryl  
and you can't taste the difference

### WEIGHT-WATCHERS' FRUIT SALAD DRESSING

- 1 tablespoon gelatine
- 1 tablespoon cold water
- $\frac{3}{4}$  cup boiling water
- 1 tablespoon Sucaryl solution
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{2}$  teaspoon dry mustard
- $\frac{1}{2}$  teaspoon paprika

Soften gelatine in cold water and dissolve in boiling water. Combine remaining ingredients and mix with the dissolved gelatine. Store in the refrigerator. (Dressing becomes firm when cold. Reheat to soften.) Especially good on fruit salads and jellied salads.

Makes  $\frac{1}{2}$  cup of salad dressing. Each tablespoon contains 6 calories. If made with sugar each tablespoon would contain 54 calories.

Sucaryl makes it easier for you to watch your weight . . . by giving you wholly natural sweetness in your diet . . . without one single calorie.

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Now available in these new Sucaryl dispensers and containers designed by world-famous designer Raymond Loewy!

Get your free copy of Sucaryl Recipe Book at your drugstore.



# Sucaryl®

Non-Caloric Sweetener-No Bitter Aftertaste

Continued from page 91  
in a moderate oven at 350 degrees F. for 20 minutes. Cool and put together with cooked date or chocolate filling and cover entire cake with a chocolate-butter frosting and sprinkle with chopped nuts.



### BUTTER TARTS

MRS. DOLLY PERCY  
Tantallon, Sask.

### NEVER-FAIL PASTRY

- 1 pound shortening
- 1 cup boiling water
- 5 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder

Pour boiling water over shortening and smooth out. Let mixture cool, then whip till creamy and gradually add sifted flour, salt and baking powder. Store in a cool place and roll out as needed.

### BUTTER TART FILLING

- 2 eggs
- ½ cup chopped walnuts
- 1 cup brown sugar
- ¼ cup corn syrup
- 1 cup raisins
- Butter (size of walnut)
- 2 teaspoons lemon juice or vinegar
- 1 teaspoon vanilla
- ½ teaspoon salt

Beat all together until full of bubbles. Drop from teaspoon into tart tins lined with pastry. Bake at 400 degrees F. for 20 minutes. Enough filling for 12 large tarts.



### DOUBLE-CRUST APPLE PIE

MISS ROSE MILLER  
Vancouver

- 2¼ cups flour
  - 1 teaspoon salt
  - ¾ cup lard
  - ¼ cup iced water
- Sift flour and salt twice. Add lard

and blend with a pastry blender or your finger tips (I use my finger tips). Add a few drops of water at a time until the mixture holds together when pressed. Roll out on slightly floured waxed paper, in order to handle easily. Line a 9-inch, deep pie pan. Add Apple Filling, then roll remaining half of pastry and cut small slits in upper crust to allow steam to escape.

### APPLE FILLING

- 5 or 6 large apples (Winesap or Greening)
- 1 tablespoon flour
- 1¼ cups sugar
- ¼ teaspoon cinnamon
- ¼ teaspoon salt
- 1 teaspoon butter
- Juice of ½ lemon

Pare, core and slice apples (thinly). Sprinkle flour over the bottom of the pastry. Fill piecrust half full with apples. Sprinkle with half of the sugar that has had the cinnamon and salt mixed with it. Add remaining apples. Dab with butter and cover with remaining sugar. Sprinkle with lemon

juice. Cover with top piecrust and bake at 450 degrees F. for 20 minutes. Reduce heat to 350 degrees F. and bake 20 to 25 minutes.

For piecrust that never fails I have always used lard.



### MOLASSES COOKIES

MRS. GEORGE  
WARREN  
R.R. #1,  
Gagetown, N.B.

- 1 cup soft shortening
- 1 cup sugar
- 1 cup dark molasses
- 2 eggs, beaten
- 2 teaspoons soda
- ¼ cup boiling water
- 2 teaspoons vinegar
- 4½ to 5 cups sifted all-purpose flour
- 1 teaspoon salt
- 2 teaspoons ginger

Mix shortening, sugar, molasses and eggs together. Add soda dissolved in boiling water and the vinegar. Stir in sifted flour, salt and ginger. Chill

# PICNIC Casserole



*a picnic for Mother, too!*

Here's a quick 'n easy dish that can be prepared in your spare time, in the morning or the day before. Then let the family bake and serve it, while you take a holiday from cooking chores! Just see how simple the recipe is.



## Picnic Casserole

- 1 package of Creamettes
- 1 10-oz. can of mushroom or celery condensed cream-style soup
- ¼ lb. process cheese (grate or cut into cubes)
- 1 cup of milk
- 1 tbsp. each: chopped onion, green pepper
- ¼ tsp. black pepper
- 1 can of Spam, cut into 12 ¼-inch-thick slices

Cook Creamettes according to general directions. Combine soup, milk, green pepper, onion and pepper. Place over low heat. Add cheese and stir occasionally until cheese is melted, then mix cooked Creamettes with cheese sauce. Pour ½ of this mixture into 1½-quart casserole, cover with 6 slices of Spam. Add balance of mixture. Top with 6 more slices of Spam. Refrigerate, and when ready to serve, place in oven at about 325° F. about 30 minutes, or until sauce is bubbling. May also be baked immediately without refrigeration at 325° F. about 15 minutes. Serves six.



**"MENU"**  
PICNIC CASSEROLE  
TOSSED SALAD  
GARLIC BREAD ICED TEA  
COOKIES ICE CREAM



for a few hours or overnight. Roll thinly on a floured board and bake in a hot oven (425 degrees F.) for 8 minutes. Makes 8 dozen.

Last year was the first time I ever entered anything in the fair . . . also won a first prize for milk rolls.



#### ICEBOX COOKIES

MRS. A. P. A.  
ARSENAULT  
Abram's Village,  
P.E.I.

- ½ cup butter
- ½ cup brown sugar
- ½ cup white sugar
- 1 egg
- ½ teaspoon vanilla or maple flavoring
- 1¾ cups sifted all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ½ cup chopped nuts

Cream butter, sugar, egg and flavoring, until light. Sift flour, salt and baking powder three times. Add with the nuts to the creamed mixture. Divide dough into two parts. Shape each in rolls, 1½ inches in diameter, and roll in wax paper. Chill overnight or until firm enough to slice. Cut in ¼-inch slices and bake on a greased baking sheet at 400 degrees F. for 8 minutes or until light brown. Makes about 4½ dozen.

#### CHERRY TREATS

MRS. A. STEWART,  
R.C.M.P., Aklavik, N.W.T.

- ½ cup shortening
- ¾ cup granulated sugar
- 1 egg, separated
- 1 teaspoon grated orange rind
- 1½ teaspoons grated lemon rind
- ½ teaspoon vanilla
- 1 tablespoon lemon juice
- 1 cup sifted cake flour
- ¾ cup chopped walnuts
- 6 candied cherries

Cream the shortening and sugar together until fluffy. Add beaten egg yolk, orange and lemon rind, vanilla and lemon juice. Add flour and mix well. Wrap in waxed paper and chill for several hours. Roll into small balls. Dip each in egg white, slightly beaten, then in the walnut meats. Place on greased cookie sheet. Press small piece of cherry on it. Bake in 350-degree-F. oven for about 12 to 15 minutes.



## Look what you and your Magic can create!

It's a joy to make cloud-light and heavenly baking powder biscuits with Magic. And look: this basic recipe offers you four delicious variations! Why not bake a batch for dinner?

#### MAGIC BAKING POWDER BISCUITS (basic recipe)

- 3 cups once-sifted pastry flour  
(or 2½ cups once-sifted all-purpose flour)
- 6 teaspoons Magic Baking Powder
- ¾ teaspoon salt
- ½ cup chilled shortening
- 1 cup milk

Sift flour, Magic Baking Powder and salt into mixing bowl; cut in shortening finely. Make a well in dry mixture; add milk and mix lightly with a fork, using just enough milk to make a soft but not sticky dough. Turn out dough onto lightly-floured board or canvas and knead lightly for 10 seconds. Roll out to ¾-inch thickness and cut with a floured 2½-inch cookie cutter. Arrange, slightly apart, on greased cookie sheet. Bake in a hot oven, 450°, about 12 minutes. Yield — 12 to 14 biscuits.

#### 4 Easy Variations

**CHEESE BISCUITS:** Reduce shortening to ¼ cup and before adding milk, mix in 1 cup shredded process cheese. Brush unbaked biscuit-tops with milk and sprinkle with sesame seeds when available. *Delightful with salads, egg dishes or jam.*

**TOMATO BISCUITS:** Replace salt with onion salt and milk with tomato juice. *Wonderful accompaniment for salads, cold cuts, fish and eggs.*

**SPICED RAISIN BISCUITS:** Sift ¾ teaspoon ground cinnamon, ¼ teaspoon ground cloves and ¼ cup fine granulated sugar with the flour; before adding milk, mix in ¾ cup raisins. *Lightly-spiced and delightfully sweet — luscious at tea-time.*

**CHILI BISCUITS:** Sift 1 teaspoon chili powder with the flour; replace ½ cup milk with ½ cup thick chili sauce. *These savory biscuits do wonders for bland foods.*

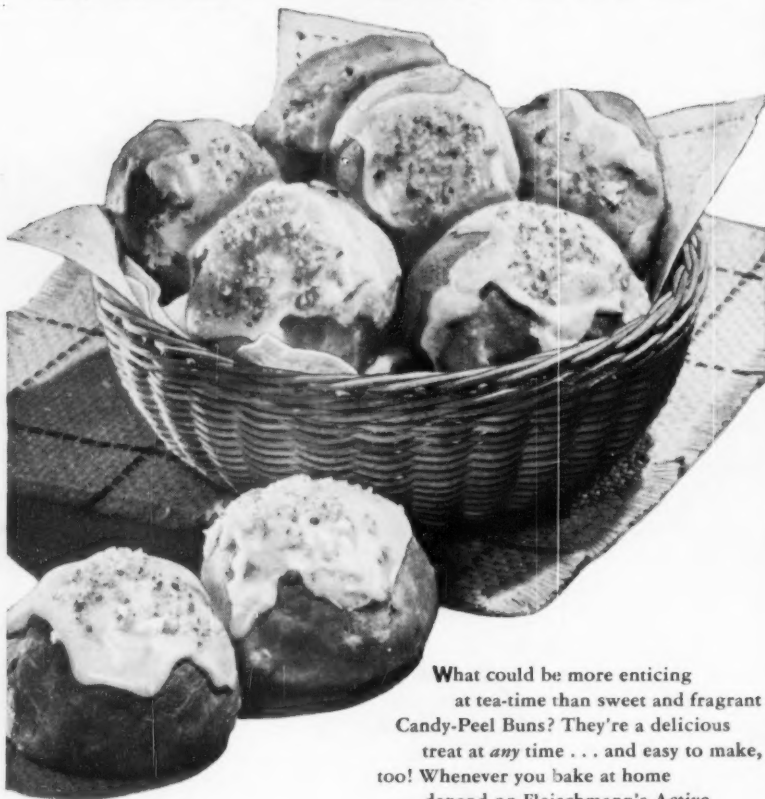
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## Sweet-tooth treasures! CANDY-PEEL BUNS



What could be more enticing at tea-time than sweet and fragrant Candy-Peel Buns? They're a delicious treat at *any* time . . . and easy to make, too! Whenever you bake at home depend on Fleischmann's Active Dry Yeast for wonderful results *every* time. Surprise *your* family with *this* toothsome treat tomorrow.

### CANDY-PEEL BUNS

Measure into bowl  
**1/2 cup lukewarm water**  
 Stir in  
**2 teaspoons granulated sugar**  
 Sprinkle with contents of  
**2 envelopes Fleischmann's Active Dry Yeast**  
 Let stand 10 minutes, THEN stir well.  
 Meantime, sift together into a bowl  
**1 1/2 cups once-sifted all-purpose flour**  
**1 teaspoon salt**  
**2 tablespoons granulated sugar**  
 Mix in  
**1/2 teaspoon ground cardamon seeds**  
 Cut in finely  
**1/2 cup chilled shortening**  
 and mix in  
**1/2 cup chopped candied peel**  
 Combine  
**3 well-beaten eggs**  
**1/2 teaspoon vanilla**  
 and dissolved yeast.  
 Stir into flour mixture and beat until smooth

and elastic. Cover with a damp cloth. Let rise in warm place, free from draft, until doubled in bulk, about 1/2 hour. Stir down batter.

Work in an additional  
**1 1/2 cups (about) once-sifted all-purpose flour**

Turn out dough onto a large square of cheesecloth; gather edges of cheesecloth together loosely and tie. Drop dough into a large pan of cool, but not chilled water and let stand until doubled in bulk, about 45 minutes. Remove dough from cheesecloth and place on very-well-floured board or canvas. Form into a 16-inch roll; cut roll into 16 equal pieces; form into smooth balls. Place, well apart, on greased cookie sheets. Brush with melted butter or margarine. Cover. Let rise until doubled in bulk, about 25 minutes. Bake in a hot oven, 425°, 12 to 15 minutes.

Frost while warm with the following icing and sprinkle with chopped nutmeats.

Combine 1 cup sifted icing sugar and 1/4 teaspoon vanilla; add sufficient milk to make a stiff icing.

Yield: 16 buns.



**Needs no refrigeration**  
**Always active, fast rising**  
**Keeps fresh for weeks**



### ORANGE LOAF

MRS. IRVING  
 YOUNG  
 Scotsburn, N.S.

**3 cups sifted all-purpose flour**  
**4 teaspoons baking powder**  
**1 teaspoon salt**  
**4 tablespoons shortening**  
**3/4 cup brown sugar, packed**  
**1/3 cup orange juice**  
**1/2 cup minced orange rind or peel of 1 whole orange, minced**  
**2 eggs, well beaten**  
**2/3 cup milk**

Sift flour, baking powder and salt together. Cut in the shortening. Add the sugar and make a well in the centre. Pour in remaining ingredients mixed together. Stir quickly and spoon into a greased 9x5x3-inch pan. Bake in a 350-degree-F. oven 45 to 60 minutes.



### BRAN MUFFINS

MARY HILLSON  
 R.R. #1,  
 Salmon Arm, B.C.

Add 1 cup 100-percent bran to 1 cup milk; let stand 5 minutes. Cream 2 tablespoons shortening with 1/4 cup brown sugar; add 1 egg (well beaten) and beat until smooth. Add bran mixture. Sift together, 1 cup sifted cake and pastry flour, 3 teaspoons baking powder, 1/4 teaspoon salt. Add to bran mixture. Stir only until blended. Fill greased muffin pans two thirds full. Bake in hot oven (400 degrees F.) 25 minutes. Makes 8 to 12 large muffins.



### TEA BISCUITS

MISS MARGARET  
 RICHARD  
 Mont Carmel, P.E.I.

**2 cups unsifted flour**  
**4 teaspoons baking powder**  
**1/2 teaspoon salt**  
**1 tablespoon butter**  
**1 tablespoon lard or shortening**  
**3/4 cup cold milk, or half milk and half water**

Sift flour, baking powder and salt. Cut in the chilled butter and lard. Stir in liquid to make soft dough. Toss dough onto a floured board and do not handle more than necessary. Roll out lightly. Cut out with a flour-

"Imagine  
 Royal Doulton  
 being so  
 reasonably  
 priced!"



"Bamboo" pattern in Royal Doulton Fine Dinnerware, Coupe Shape. 5-piece place setting, about \$4.40

THIS REMARK was made by many women who stopped to admire the Royal Doulton booth at the Canadian National Exhibition and similar comments have been made to our dealers. So — perhaps we have been too modest about our dinnerware prices. Actually, the regular retail price of Royal Doulton Fine Dinnerware is less than most English dinnerware of comparable quality—ranging from about \$4.00 to \$6.80 for a 5-piece place setting.

See the wide selection of beautiful patterns and lovely colours in Royal Doulton, before you choose your dinnerware.

At leading china and department stores, or write for name of nearest dealer to the address below.



## Royal Doulton

DOULTON & CO. (CANADA) LIMITED, DEPT. A,  
 51 WELLINGTON ST. WEST, TORONTO, ONT.

ed biscuit cutter. Place on buttered sheet and bake in hot oven at 450 degrees F. 12 to 15 minutes.



LEMON  
MERINGUE  
PIE

MRS. O. RAMSTAD  
Neepawa, Man.

3 cups pastry flour, sifted  
1½ teaspoons salt  
1 cup lard

Cut lard into flour and salt mixture and work in with two knives till small pieces, about the size of coarse meal. Add enough chilled milk to make a dough easy to handle. Bake at 450 degrees F. for 15 minutes. Makes 2 9-inch shells.

#### FILLING

1½ cups boiling water  
1¼ cups sugar  
1 teaspoon grated lemon rind  
6 tablespoons cornstarch  
½ cup cold water  
3 egg yolks, beaten  
1/3 cup lemon juice (approximately 2 lemons)  
Butter, size of egg

Put water, sugar and rind on stove to boil. Mix cornstarch and cold water together and add to boiling mixture. Cook and stir until clear. Add egg yolks and lemon juice mixed together. Cook two minutes. Add lump of butter. Pour into baked shell and top with meringue made of 3 egg whites, 3 tablespoons sugar, dash of salt.

I find that milk makes my pastry flakier and tenderer, and bakes so evenly. My grandchildren say the credit for my prizes should go to them—for giving me so much practice filling up the cupboard they continually empty.

#### SHORTBREAD

MRS. E. MCGILL  
Homewood, Man.

1 cup butter  
½ cup brown sugar  
2 cups flour  
Pinch salt

Cream the butter (or shortening if used), add sugar gradually, creaming well. Add flour and mix well. Knead on floured board for several minutes. Roll out about ¼ inch thick and cut with oblong fancy-cookie cutter. Prick with fork on top and bake



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**ARBORITE**  
Trade Mark Regd

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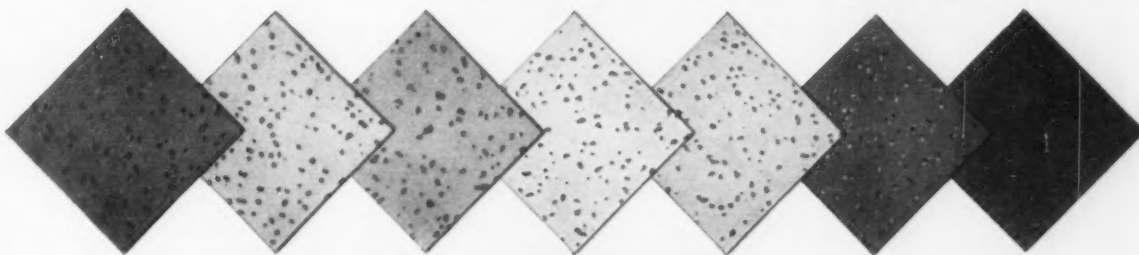
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on Flamingo, Sand, Blossom Pink, Sno-White, Lemon Yellow and Glacier Green.

**GOLDEN GLITTER**  
on copper and on black (not illustrated).

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Reckitt & Colman (Canada) Limited, Montreal



at about 350 degrees F. for 20 minutes or until delicately browned.

Have been an exhibitor at Carman Fair for about twenty-two years.



**LIGHT  
FRUITCAKE**

MRS. A. SCHILLER  
New Westminster,  
B.C.

- 1 pound fruitcake fruit
- 1 pound glacé cherries (red and green), quartered
- 1 1/4 pounds bleached sultana raisins (washed and dried)
- 1/4 pound candied pineapple (diced)
- 1/3 pound slivered blanched almonds
- Grated rind of 1 1/2 oranges
- 5 cups sifted all-purpose flour
- 3/4 pound butter
- 2 1/4 cups berry or fruit sugar
- 9 eggs, well beaten
- 3/4 teaspoon baking powder
- 3/4 teaspoon salt
- 1/2 cup orange juice

Prepare fruit and nuts. Mix them together with the grated orange rind and 1 cup of the sifted flour.

Cream butter until fluffy and light. Add sugar and beat well. Stir in the beaten eggs. Sift the four cups sifted flour, baking powder and salt together. Add alternately with orange juice, ending with dry ingredients. Add the floured fruits and nuts. Combine very thoroughly. Turn into two 6 1/2 x 6 1/2-inch pans which have been lined with writing paper, brown paper or foil. Use about six layers on bottom and three around sides. Grease lightly.

Bake in a very slow oven 275 degrees F. until done (3 1/2 to 4 hours).

I have been entering this cake in baking competitions since 1947 and it has never failed to win an award. My only tip for success with cakes is—use the best of ingredients and follow the recipe accurately.



**SPICE  
CHIFFON  
CAKE**

MRS. C. SPRAGUE  
Ottawa, Alta.

Measure and sift together:

- 1 1/2 cups all-purpose flour
- 1/2 cup cake flour
- 1 1/2 cups fine sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1/4 teaspoon cloves

Make a well and add in order:

- 1/2 cup salad oil
- 7 unbeaten egg yolks
- 3/4 cup cold water

Beat with a spoon until smooth.

Measure into a large mixing bowl:

- 1 cup egg whites (7 or 8)
- 1/2 teaspoon cream of tartar

Whip until whites form very stiff peaks. Pour egg-yolk mixture gradually over whipped egg whites, gently folding with a wire whip until just blended. Do not stir. Pour into ungreased tube pan and bake at 325 degrees F. for 55 minutes. Increase heat to 350 and bake 10 minutes longer. Invert pan, letting cake hang until cold. ♦

### YOU WERE ASKING CHATELAINE

#### Question:

I have a large picture window in my living room with a hot-air register in the baseboard below. Would you suggest floor-length drapes?

—Mrs. W. J. M., Montreal.

#### Answer:

No, curtains the length of the window sill are advisable as floor-length draperies would cut off some of the heat and might be discolored by the hot air. Also, you will be able to open side windows, if any, more easily. Choose a heavy bouclé that will let through light and air in a color as close as possible to the wall color. Place a long low bench under the window sill, flanked by two large potted plants, and the whole wall will have the appearance of a unit.



Finest percales  
in garden-colours...  
yours with

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Once you know the luxurious, silky feel of Tex-made percale, you'll know you've found the finest! • Combed, longer fibers are more finely woven. • Give longer wear, too. • More comfort in inches-longer sheet length. • Pick your favourite garden-colours in solids, stripes and pretty prints. All tested colour-fast.

*"This garden of pillows and sheets," Alice said,  
"have colours you'd choose for any royal bed."*

DOMINION TEXTILE COMPANY, LTD., 1950 SHERBROOKE STREET W., MONTREAL





Floors like this  
come easy  
now!

## NEW HOOVER POLISHER

**makes mirrors of your floors—  
makes other polishers old-fashioned**

**You'll be thrilled** how quickly floors take on a rich lustre with this all-new Hoover Polisher . . . brought to you by the company that sets all the trends in modern floor care. Powerful, yet so light and easy to guide, the Hoover does all the work . . . but *you* get all the credit!

**Clean, wax and polish**—anti-splash guard protects walls and furniture. Recessed hood takes polisher into counter toe space. New handle may be shortened to polish table tops or automobiles. Safe, convenient starting switch. Hangs by handle for neat storage.

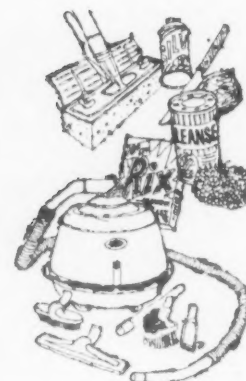
Add to these many features the attractive, modern styling and you'll agree . . . the new Hoover Polisher belongs in *your* home.



It's so easy  
with a  
**HOOVER**

85-822

## Homemaker's Diary



### New carving plank?

Lacquer-finished carving planks are only reasonably heat-resistant and should not be placed in a hot oven. If your new board is unlacquered, brush it with warm salad oil before using and store in a plastic bag.

Wash a lacquered board quickly in warm water and mild soap or detergent. Rinse in clear warm water. Avoid using detergent on unlacquered planks since it tends to remove the oily seasoning film.

### No-spill bread crumbs

When grinding bread crumbs, fasten a paper bag with string or elastic on the end of grinder to prevent them from scattering.

### Suds those house plants

To keep your philodendrons, rubber plants and English ivy shiny and green, wash them about once a month. Prepare a mild lukewarm solution of detergent. Hold your hand firmly across the mouth of the pot to keep soil in. Invert leaves into detergent solution, swishing gently through the suds. Rinse thoroughly in clear water. Florists also carry special liquid cleaners for sponging off leaves.

### Marble table tops

Despite its durable appearance, marble is susceptible to damage from cigarette burns, acids, alcohol and oils. Wipe any spills and burns with clear water before they have a chance to penetrate the surface.

Treat unknown stains with a thick paste of household cleanser and hot water. Apply and leave until the paste dries. Rinse and wipe dry. Dampen paste when you remove it and it won't scatter. After stain has been removed, marble often needs re-polishing with putty powder (tin

oxide) which you can get at a drug counter. Apply the powder on a damp cloth and rub marble steadily and gently, not vigorously, for about a minute. Remove powder with a fresh dampened cloth, polishing and folding cloth as marble is shined.

Sponge tea or coffee stains with half cup of ten-percent hydrogen peroxide and a few drops of ammonia. Rinse and wipe dry. Polish with putty powder.

Treat oil stains with a white blotter soaked with lighter fluid. Apply to stain repeatedly until oil is drawn out, then bleach and polish as for tea stain.

Sand fruit-acid marks with finest sandpaper and polish with putty powder.

Badly scarred or complicated stains will need treatment by a professional marble dealer who can also supply special preparations for marble care.

### High chairs won't tip

To prevent a high chair from tipping, fasten a door hook to the back and put a screw eye into woodwork.

### Gum from clothes, children

If clothing is washable, soften gum with egg white. Remove as much gum as possible. Rinse garment in cool water, then launder.

For nonwashable fabrics, harden gum by placing garment in refrigerator. Scrape off excess. Sponge with perchlorethylene or similar nontoxic dry-cleaning fluid.

If gum is stuck on skin apply nail-polish remover.

### Feeding dish for pup

Make a feeding dish for your pet from a discarded aluminum tube cake pan. Drive a stake through the tube into ground and dish will not upset. ♦





## 90-second soft water washing demonstration opens Grandma's eyes!

In this minute-and-a-half demonstration, Jane shows Grandma how Baby's cotton shirt washes whiter, brighter, cleaner with mild soap and Culligan soft water. Then a quick soft water rinse, and presto! It's as clean as new again; no soap scum, no grayness, no extra rinsing. Now you can have *unlimited* soft water for *every* household need, *automatically*. Simply call the water conditioning expert in your community—your nearby Culligan dealer.

### Completely automatic! Yes, now 3 ways to have unlimited soft water...automatically!

**Culligan Soft Water Service.** Your Culligan serviceman exchanges this portable water softener at regularly scheduled intervals. No equipment to buy, no work to do. Quickly and easily installed at any convenient location. Over a million satisfied customers!

**Culligan Automatic Service Unit.\*** Regenerates itself automatically. Culligan dealer owns this unit, and the serviceman calls just once or twice a year. It provides *unlimited* filtered soft water for every need.

**Culligan Automatic Home-owned Model.\*** Own this distinctive Automatic at a budget price with easy terms. Assures unlimited soft water, guaranteed to be fully automatic. 10-year Warranty.

\*Regenerates while you sleep! Culligan's exclusive Electro Regen-a-rator smoothly, silently, automatically activates the cycles of backwashing, brining and rinsing...all at night, while you sleep!

# Culligan®

**SOFT WATER**

Culligan of Canada Ltd., Toronto Ontario, and its franchised dealers in Canada





## "Fashion shows so much more of you this year"

says leading fashion model Sonia Williams.

"That's why it's wise to take the *Neet way* to fastidious grooming."

The new chemise... slender, short and, here, sleeveless. Sonia wears it in one of its most versatile aspects: knitted cotton that spans the seasons.



Brief and beautiful, sums up the new bevy of bathing suits. Many including the one Sonia wears here, swoop clear down to the waist in the back.

Fashion Model, Sonia Williams knows that new fashions demand fastidious grooming. This, of course, means never a trace of hair—or stubble—on legs, arms, underarms.

It's not surprising then that Sonia (and so many other models) rely on Neet Depilatory to remove hair. Neet is the safe effective way to remove every sign of unattractive hair. Models find Neet quick and convenient, too—important in their busy lives.

Sonia says: "One of the things I like most about Neet is that regrowth seems softer and thinner. When hair does grow in again it's



never stubbly—the way it is when I use a razor, even an electric one."

"And Neet is so safe. I just follow the directions on the package, and I've always found Neet kind to my skin."

Sonia uses Neet Lotion. Some of her model-friends use Neet Cream. Both cream and lotion are fragrantly scented and equally easy to use.

Why don't you follow Sonia's grooming plan? Make Neet a regular part of your beauty care—for legs, arms and underarms, that are baby smooth and glamorously free from hair.



P.S. Confidentially, there's nothing better than Neet for removing embarrassing facial hair. Neet's gentle "facial quality" is so kind to the skin.



## Shopping with Chatelaine

VISCOSE RUGS MAKE MOTHS HOMELESS . . . OUR HOME  
TESTERS REPORT TO YOU ON HEAVY-DUTY FLOOR WAX

### Secrets of a magic carpet

"As snug as a bug in a rug" is an out-of-date maxim now that wool can be mothproofed, and moth-resistant synthetic fibres are being used for carpeting. When a manufacturer of viscose carpeting applied for the Chatelaine Institute Seal of Approval on three of his consumer lines, we began checking the standard of quality. Jean Byers, Seal of Approval manager, toured the plant where she watched the viscose yarn being stitched onto burlap backing. She followed the process through steaming, sizing and the final finishing. The fabric-type backing is permanently sized with latex—preventing pulling out of the chain-stitched tufts. Meanwhile our consulting lab tested the rugs according to government specifications (the rugs were accepted for NHA Homes). Slight "running" when the tweed rugs were shampooed was eliminated by using all solution-dyed yarns (color is sealed into the liquid synthetic before it is solidified into filaments for yarn). Traffic and cleaning tests were made in the Institute. As a result, the Chatelaine Institute Seal of Approval was granted to Peerless Rugs—Peertwist, Peercryst and Peertweed.



### The Egyptians knew it

Waxes were known and used as floor and furniture preservatives in the ancient Egyptian era—and, in vastly improved form, are used the same way today. One of the new waxes—a heavy-duty paste, was submitted for the Chatelaine Institute Seal of Approval. As it is almost white in color, and of a creamy consistency we had to check its claim that it would not "yellow" floors, as well as make sure it met our standards for paste waxes. Our home testers were called into action—each using the new wax on half of a heavy-traffic area, and her regular wax as a comparison on the other half. The reports were very satisfactory—particularly where the wax was used on new flooring that our homemakers wished to remain its original light color. The laboratory examination—a comparison with three consumer-accepted brands for gloss retention, dirt pickup, resistance to abrasion and resistance to cold-water washing—gave favorable results as well. Previously Chatelaine Institute had granted the Seal to Success Liquid Self-polishing Wax, Paste Wax and Prestige Furniture Wax. We have now included the Chatelaine Institute Seal of Approval on Success Heavy Duty Paste Wax. ♦



## Tired aching feet

can cripple sales, too

• When every step you take is such agony, your face shows it—and your sales can suffer. That's why so many smart girls make a point of rubbing on Absorbine Jr. at the first sign of foot fatigue.

Soothing, cooling Absorbine Jr. acts fast to bring blessed relief at the point of application—relaxing those tired, aching muscles and speeding the pain away.

Result? Feet feel better... you feel better... and it shows in your face and your sales record. Get a long-lasting bottle of Absorbine Jr. today—wherever drugs are sold.

W. F. Young, Inc., Montreal 19, P.Q.

## ABSORBINE JR.

*Fashion with a Western Flavour!*



**Matched Sets**  
for Women and Girls.  
Slacks and shirts in  
shades of Suntan,  
Sandstone and Black.  
Slacks also in Blue  
Denim and Grey.  
Sized to fit you—  
PERFECTLY!

AT YOUR FAVOURITE  
STORES EVERYWHERE  
ACROSS CANADA



The Great Western Garment Co. Ltd.  
Edmonton

## THE CHILD WHO ADOPTED ME

Continued from page 35

bids for attention and approval, she wore borrowed things—a dirty silk scarf knotted around her tiny neck, earrings and bangles from Woolworth's, brassy clips in her matted hair. Her vocabulary was not as good as a four-year-old's. She had no curiosity, no imagination; everything she said and did was a blind and desperate searching for identification and recognition. The moment my words or expectations went beyond her limited ability, she froze in an attitude of acute defeat.

"I can't do nothing," she whispered in mourning despair.

"Why not?"

"Nobody taught me, I guess."

"Look, you tie a bow like this..."

Who has girl friends?

It was plain to me that, at the tender age of eight, Lorie had given up almost all hope that her world would acknowledge her presence in it. She was alone as few of us are ever alone — "Where I come, everybody looks the other way." A Canadian child of British ancestry in a land of peace and plenty, she was so neglected mentally and physically that I felt a quiver of shock, compassion, revulsion, whenever I saw her.

I never asked Lorie about her home and parents. Directly she told me little, indirectly she told me much. "Rose," she said, "are daddies supposed to have girl friends?"

"No."

"Why not?"

"It isn't considered—polite."

"Then mothers shouldn't have boy friends neither, eh?"

"It isn't considered polite."

At least once a week Lorie came to my back door with one or two equally dirty toddlers in tow, and asked if she could "borrow some bread and milk for the kids' breakfast." Once I said sharply, "Where is your mother?" Lorie looked down at her pigeon toes, her shoulders hunching in shame. Reluctantly she said, "She's—at home," and when she looked up, her eyes begged me to ask no more.

Came the day Lorie telephoned to say that one of her brothers had fallen downstairs and wouldn't wake up. She gave me the number of a house on a poor side street eight blocks away. I



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## Maybelline

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Gainsborough Pattern

## Spode

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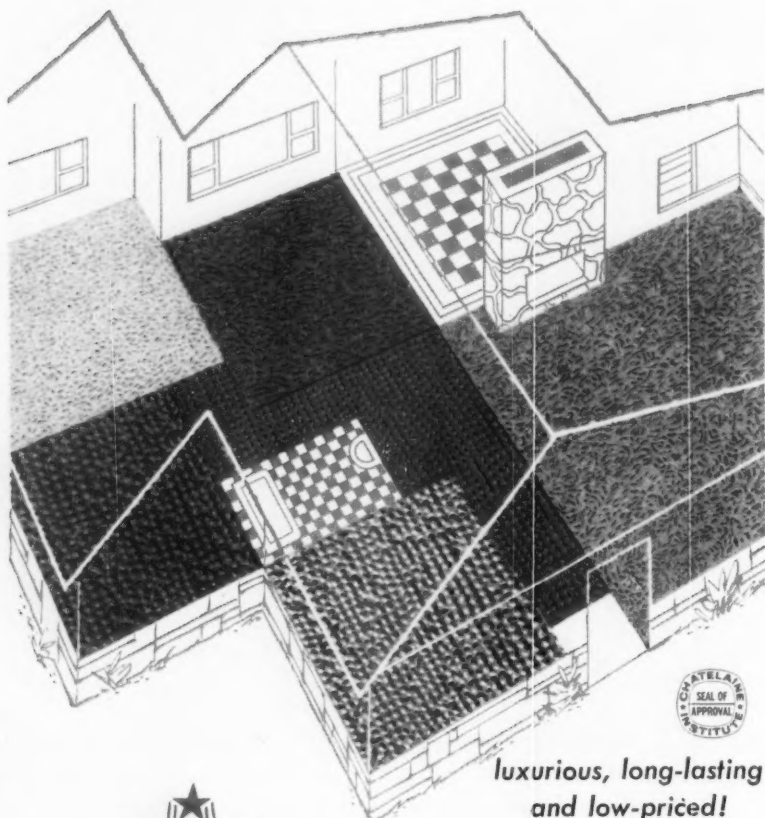
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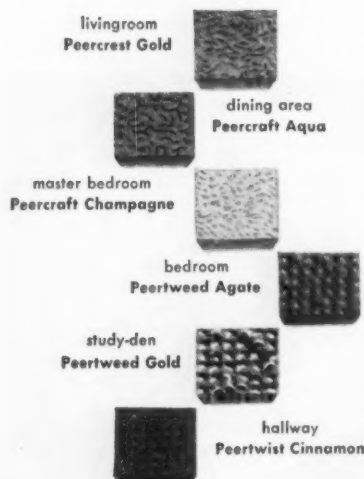
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as a luxury...  
you can afford!**



*luxurious, long-lasting  
and low-priced!*



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viscose broadloom**



See how Peerless wall-to-wall **Viscose** broadloom warms up every room! The secret locked-in tufts form a resilient deep pile that looks and feels so luxurious. Every new decorator color speaks the personality of its room... each carefully chosen texture adds to its character. A rug for your money! Peerless **Viscose** broadloom is permanently moth-proof, resists soiling, has a special non-slip backing, and is popularly priced!

Choose from plain, twist or tweedy effects in exciting shades and a myriad of power-loomed designs. See them all at leading carpet and flooring dealers across Canada.



**RUG CO. LTD.**  
1470 Peel Street, Montreal, Que.

walked there as fast as I could, inwardly cringing.

The door was open so I called her name. Lorie, frantic with worry, came hurtling down a narrow rickety stair. Grasping my hand fiercely, she almost pulled me up to the dirty bed where a small boy lay senseless, his eyes wide and glazed. The other children played around him, and a sodden, terrified baby cried in the corner over a slimy bottle of chocolate milk. The mother came to stand at my side, looking down at the apparently dead child as if he were a pillow or a chair. I called the police.

#### Lorie comes home

The unconscious child and his mother were taken to the hospital. The other children followed me home, and I lugged the screaming baby. One by one they went into a tub of suds, one laughing and the others crying miserably, while Lorie did her best to assure them that I was not going to harm them. It took me the whole day to realize that Lorie's mother was not uncaring, not drunken, but mentally deficient. Authority may hasten to rescue the child being physically abused because welts and lacerations often last until the case finally comes before the judge. Evidence satisfactory to our rigid courts of the even more tragic crippling of a little child's mind and spirit is not so easily produced; the child must suffer, year after year, until delinquency is deeply rooted or the appearance of retardation becomes evident.

When the injured child was pronounced out of danger, I called our local branch of the Children's Aid Society and asked them to interfere on behalf of these children. It surprised me to hear that they were aware of the conditions, that a worker had been visiting the family weekly for months. I learned also that the children had been in foster homes for six months when Lorie was six years old, but the judge had seen fit to return them to their parents. Within a year the Society had arranged a separation of the violently quarrelsome parents, and the children were left in their mother's care. The father called once a week to give them money for food. Lorie's mother had grown up in a home for congenitally retarded children; she did not beat her children—she simply forgot them. Nevertheless, the Society did not feel that it had sufficient evidence of neglect to bring the case into court. For days

I felt sick with rage and shame that such things could be.

Lorie, at eight, faced a situation daily that would have floored most mature adults. She prepared breakfast and lunch for herself and the other children, got herself and the next youngest off to school on time, and did her best to cope with the vagaries and irresponsibility of her mother. She came to me only when the others were fed, fenced in, and her mother awake to answer them if they called. No wonder the child spoke to me as if she were my contemporary.

The next time Lorie appeared I washed her, then set a precedent by taking her on my lap and holding her close. She shivered and sighed, her little hands clutching my sleeve, her eyes closed in bliss. The long dark lashes curled into the blue hollows. "Oh, Rose, I *always, always* wanted you to hold me!"

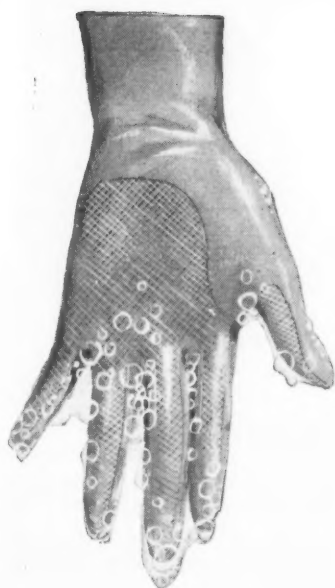
From then on we smiled at each other. Lorie never laughed or cried. Tense, eager to please, inexpressibly lonely, she sat for hours in our house with crayons or paper dolls, one of my aprons or sweaters wrapped around her. If I did not wrap her in something of mine, she would dog my steps all over our small house.

#### A new navy tunic

The first week of school, Lorie ran to our door while a score of youngsters hooted at her from the safety of the sidewalk. Her eyes were dilated and she shivered in the sunlight as if it were bitter wind. I chased away the pack, who had run my little fox to earth with their jeers, and took her indoors. No wonder the children jeered—Lorie looked like a CARE appeal. Grey lines ran around her jaw and wrists. Her thick brown hair was brushed at the sides, matted at the back. Her pull-over sleeves had been chopped off unevenly, and her hand-me-down skirt had been lengthened by simply ripping down the hem. Her shoes were so worn and torn that her little feet were blistered and bruised.

That day, at four o'clock, I took Lorie shopping. We bought shoes and socks, two little white blouses, a navy-blue tunic and some ribbons for her hair. There was new underwear and two little dresses. Lorie wore a size six. Early the next morning she came to be bathed and dressed in her new clothes. The transformation left her mute. She stood for a long time staring at the thin, clean, tidy little girl—the quite pretty little girl—who





*protection plus  
comfort for  
busy hands!*

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Three styles in tough, Natural Latex Rubber provide maximum wearing comfort with natural "feel", soft and pliable.

**SMOOTH FINISH** — long wearing, all purpose glove.

**SUCTION GRIP** — Non-slip style with honeycombed surfaces.

**VELVA-TEX LINED** — with Suction Grip. Keeps hands dry, cool, provide extra non-slip protection.

Chatelaine Seal of  
Approval



looked back at her gravely from our hall mirror. Then she turned and put her arms tightly about my waist. With difficulty she found words to express herself. "The kids always yell, 'Go home, dirty brat!' and I always want terrible to cry and run home, but it's school and you can't cry and you can't run home. Nobody ever likes me or wants to play with me, and they say things about my mother —and I'm not a brat, am I, Rose?"

I kissed her for the first time, and she went off to school with her head up. At four o'clock she returned to change into her old clothes before going home. Ten days later I heard her laugh for the first time, a delightful burst of giggles when my father gave her a cluster of balloons to play with. And every day she said, "I wish you were my mother, Rose."

Mother walked out

"You may hurt your mother's feelings if she ever hears you say that. Someday the Society will find a nice foster home for you." She said nothing, only stared at me with that fixed, hungry, adoring look, which made me want to cry or scream.

The food I gave Lorie was too little too late. When winter came she had fevers and colds, and one day she did not come. I waited and worried, hoping the Society at long last had moved to the rescue. Then Lorie's mother telephoned to say that Lorie was ill and crying for me. I found her with a soaring temperature, her right leg drawn up to her chin, moaning with pain. She reached hospital in time to prevent rupture of the appendix. She also had influenza and the usual disorders that result from prolonged malnutrition. When Lorie was ready to come home, I asked her mother if she could stay with us for a few days' nursing. The mother readily consented, delivered the sick one to me, then disappeared for two days. Abandonment of that sort is a serious matter; the Society took all the other children into custody.

Lorie heard the news with relief for she had worried about the welfare of the others while she was sick. "My mother used to forget to come home, and sometimes she stayed out all night and I used to be scared up there with the kids because they always went to sleep and left me alone, and in the mornings sometimes there was nothing to eat and they'd cry. I never wanted to lie to you, Rose, but I didn't want to tell on my mother,

Graceful

## Vivacious Fashionable the "TARANTELLAS"



Here is the newest of Fall Fashions — in high and medium heels — colors and leathers to match the newest fashions, for dressy daytime or exciting evening wear. Tarantellas are superbly designed with built-in comfort and fit — and so reasonably priced —

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either. Now the kids will have foster homes, won't they?" I nodded. She sighed luxuriously. "Now I can begin to be happy."

"I'll tell the Society to find a very good home for a very good little girl."

Her face went blank. "But I don't need a foster home. I want to stay here with you and Mr. Barton. I'll be good, honest, Rose!"

"I can't keep you because I'm not married."

"Can't you get married?"

"Lorie, be sensible!"

She crumpled, but her little pointed chin jutted. "If they take me away, I'll run and I'll run and I'll run till I die!"

"You be my mother"

This she repeated when the Society worker called a week later. I agreed to reason with Lorie for another week or ten days. It was like reasoning with a broken record, one that had arms and legs to wrap around you and hang on for dear life. Lorie went to sleep from sheer exhaustion between eleven and twelve at night and was wide-eyed before six in the morning. For intermission we had nightmares. I slept for weeks with one ear cocked for that first dry sobbing, and tried to reach her before she reached her hysterical crescendo of terror and despair. "Don't send me away. Please, don't do it! I'll be good. I'll die if you send me away. I never wanted anybody but you to be my mother—please, Rose, please!"

By day and by night she went over this appeal. After three weeks of it, I could take no more. We asked the Society to approve our home as a foster home for Lorie. There were doubts; there was no successful precedent. I produced references from our minister, doctor, my employers, a host of friends, all of whom had been wonderful to me in this difficult time. Our home was duly approved as a foster home for Lorie, if and when she ever became a ward of the Children's Aid Society.

At once my father produced a big doll's bed with a drawer under it to hold the clothes I had made for Lorie's new doll. He put up hangers for her clothes where she could reach them, and found a bushel basket to hold her increasing possessions. Many evenings I was amused to observe these two, separated by sixty years, go through the same routine. They sat one at each end of the chesterfield, then Lorie would inch her way slowly

toward him until she was close beside him. Cautiously she would ease herself into his lap, place his arms around her, and lean back with a sigh of contentment against his chest. "He's my Uncle Bill," she said. "He's my pal," and my quiet little father's face would twitch as he tried not to smile.

The day before the case was to be heard in court, the Society told me not to bring Lorie into court for identification. I went alone, testified that a child had lain unconscious for more than half an hour unattended, then I went home, feeling sick with pity for a mother who could not be blamed.

Again and again Lorie said, "You promise you won't send me away? Promise you'll always be my mother?"

"I promise." And her beautiful eyes would glow. She poured a torrent of gratitude and love over me, left small notes on my desk telling me that I was the most wonderful mother in the world, and spent hours creating art treasures for me out of paper and crayons. We put these on the mantel in the living room.

Three weeks after the court case, Lorie had tonsillitis. Our doctor had never seen tonsils so diseased; they were threatening to choke her. I telephoned the Society to report her illness. The Society, on behalf of its wards, pays all medical costs, dental care, supplies clothes, and contributes a sum of money each month toward the child's support. I was told that my worker would call soon.

### The bills pile up

A week later she arrived with a copy of the Child Welfare Act. The Act states that a child may be ward of the Society if the child is abused or neglected by guardians or parents in the home where the child resides. Since Lorie's mother had brought her into my home, mine was "the home where the child resides," and there was certainly no evidence that we abused or neglected her. If I requested it, they would take Lorie away. As it was, they could not of their own accord take her. She was not a ward of the Society, therefore I must not expect financial assistance from the Society. Lorie took another grip on my neck and said, "You promised, Rose—you promised!"

How do you break the heart of a child, a child like Lorie? We kept her. For six months the Society worker called every week or two while I tried



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MADE IN CANADA





to keep afloat in a storm of bills for medicine, teeth, tonsils, clothes, and the best possible shoes for the bruised little feet. For ourselves, we made over, made do, and did without. Lorie, who had never been closely associated with an adult on whom she could rely, continued to have nightmares and dogged my steps by day; she was always touching me, as if to assure herself of my reality. I ate with my left hand because she ate while holding grimly to my right hand. Nearly two years later there are still days when I must eat only with my left hand.

At Lorie's insistence, we became "Mummy and Uncle Bill." Slowly, as months went by, she slackened her grip, slept longer hours, and her face lost the harried look. It began to grow soft and calm, the hollows filling out. Every day of her summer holidays, she had three hours' work to do to build up her vocabulary and her fund of general knowledge. She learned that her ankle was not her knee, and the top of a room called a ceiling. She passed to Grade Four.

One day when I remarked that she was, after all, only a small child, she turned to me in her gentle way and said, "Yes, Mummy, but I'm not yet used to being a child." Every night she told me that she was happy. "I'm happy like I was full of bubbles."

The school reports which had once shown a discouraging array of Ds and Es began to change. The Es disappeared and then the Ds, and the C-minus became C-plus. Lorie never had developed the habit of asking questions because in her old home no one had ever answered her. It took months of patient work before she subjected me to that stream of queries that so often annoys normal parents of normal children.

To support Lorie meant increasing

my income, but how could I do that without leaving her for long hours when she needed me? My income dropped to an all-time low. When I worried about making ends meet, I looked at Lorie. To have opened a small closed mind, to have nursed the abused and wilting spirit, and to see her smile serenely, this is far more compensation than I deserve. To see her walk with a straight back, her head up, and to hear her playmates call to her in welcome, this is more than reward for sleepless nights. To read a school report card which tells me that she has achieved 85 percent in every subject but one—this child of a congenitally retarded mother—this is triumph, indeed.

Informed persons tell me that I am headed for disaster, that Lorie may level off at an early age and never mature. I don't believe it. Lorie always has displayed the qualities that add up to maturity—loyalty, honesty, gratitude, kindness. Others tell me that, since she is not legally in my custody, either one or both parents may claim her tomorrow and take her from me. That is true, but how could they keep her? When Lorie overheard this remark she scoffed. "I know my way home. Anybody takes me away will have to hold me tight all day and all night 'cause I'd come back here every time. This is home."

Anyway, I can't live tomorrow, only today, and today, with mutual love and respect, Lorie is mine and I am certainly and forever hers. ♦

*Have you a story to tell about some dramatic, inspiring or revealing event in your life? Send it to: Personal Experience Stories, Chatelaine Magazine, 481 University Avenue, Toronto, Ont. For stories accepted Chatelaine will pay its regular article rates.*

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# HOMES '58 FURNISHINGS GUIDE

See pages 61-69

## the Parkdon

The furnishings listed here are available at stores across Canada and will be on display at Simpson's in Halifax, Montreal, Toronto, London, Regina.

**KITCHEN**  
WALLPAPER Sunworthy—87217, \$1.19 per single roll; PAINT Roxamul Velvet—Desert Gold; FLOORING Dominion Linoleum—M-22; CURTAINS Caya "Sicilia" Gold, approx. \$3.50 per yd.; COUNTER TOP Arborite—Apricot #425; STOVE Moffat; REFRIGERATOR Sylvania-Leonard; POTS AND PANS Supreme Aluminum; KITCHEN SUITE Trysson; SMALL APPLIANCES Sunbeam; HOUSEWARES Columbus Plastics.

**LIVING-DINING**  
PAINT Roxamul Velvet—Antique White; FLOORING Dominion Linoleum M-22; CARPET Harding—Ambassador "Chablis" \$14 per sq. yd.; DRAPERY Caya "Golden Frazzle"—beige, approx. \$4.75 per yd.; SHEERS C.I.L. white Terylene; TABLES Knechtels; SOFA, CHAIR Snyder; TV AND HI-FI Philips Industries; DINING SUITE Honderich "Showcase."

**MASTER BEDROOM**  
WALLPAPER Sunworthy—80407, \$1.95 per single roll; FLOORING Dominion Linoleum M-39 black; CARPET Peerless HPCrest #802—Gold, \$9.95 per sq. yd. approx.; DRAPERY Caya "Dorina"—Champagne, approx. \$4.25 per yd.; BEDROOM SUITE Gibbard—167 Celebrity, Natural Walnut; BEDSPREAD Carolyn chenille; FOLDING WOOD DOOR Celwood Industries Ltd.; VERTICAL BLINDS Kirsch—Eggshell.

**BOYS' BEDROOM**  
PAINT Roxatone—F12-043 Gold, F12-041 Tuscan White; FLOORING Dominion Linoleum M-20; DRAPERY Caya "Pony Ride"—Beige, \$3.25 per yd. approx.; BUNKBEDS Ideal Upholstery.

**GIRLS' BEDROOM**  
PAINT Roxamul Velvet—Mint Green; WALLPAPER Sunworthy 80247, \$1 per single roll; FLOORING Dominion Linoleum M-11; DRAPERY Caya "Mosaic" Gold, \$3.75 per yd. approx.; BEDROOM SUITE Gibbard Canadian Casual.

**BATHROOM**  
FIXTURES American Standard, Manchu Yellow; WALLPAPER Sunworthy, 87037, \$1.39 per single roll; FLOORING Dominion Linoleum 7039 inlaid; COUNTER TOP Arborite—Platinum Walnut.

**RECREATION ROOM**  
FLOORING Dominion Linoleum's Vinyl Asbestos—VJ-18 Driftwood, VJ-10 Gold Dust; CURTAINS Caya "Beekman" Gold—approx. \$3.75 per yd.; COFFEE TABLE Chesley Chair; OCCASIONAL TABLES Elmira Furniture; UPHOLSTERED PIECES Snyder's; CARPET Tintawn, approx. \$4 per sq. yd.; TV Sylvania.

**ADDITIONAL PRODUCTS**  
ACCESSORIES Henry Birks & Sons Ltd.; WASHER AND DRYER Beatty; HOT WATER HEATER Inglis; WATER SOFTENER Culligan; COPPER PLUMBING AND HEATING PIPES Anaconda; EXTERIOR BRICK Brick & Tile Institute; EXTERIOR GLASS CPI Twindow; EXTERIOR LIGHTING Canadian General Electric; DRAPERY TRACK Kirsch of Canada; MAKING OF DRAPERIES Dodd's; TELEPHONES Bell Telephone; FURNACE & HEATING SYSTEM Lennox; MATTRESSES Sealy; OIL HEATING Association of Oil Heating Companies; METAL WINDOWS Rusco Co. Ltd.; CLOCKS Westclox; CARPET SWEEPER Bissell Carpet Sweeper; CARPET UNDERLAY Duralay; LINEN Wabasso; LIGHTING FIXTURES Virden from Revere Electrical;

"Hey Jean!  
Are you out  
of your mind?"

But my new room-mate taught  
me a skin care trick that's not only  
practical... it's fabulous!

1. Me: Hey, whatever are you doing?  
Jean: Washing my face. What did you think?  
Me: With cream? Impossible!  
Jean: Impossible! I should say *not*. It's wonderful!  
Me: But you can't wash with cream... it's greasy!



2. Jean: Not *this* cream... it's Noxzema.  
Me: Did you say Noxzema?  
Jean: Here... I'll show you how you do it. Just splash on warm water... then apply Noxzema real generously...



5. Me: Well, if it's not greasy... is it drying?  
Jean: No Ma'am! I can use Noxzema but I can't use soap. Y'see, Noxzema doesn't contain any skin drying ingredients like you get in soaps. In fact, it puts moisture *into* your skin. Anyway, my face never feels tight or dry anymore.



3. ... like this. And gently scrub with your wet face cloth just as if you were using soap.  
Me: Doesn't it make your skin greasy?  
Jean: Oh, no! Noxzema dissolves in water. When I rinse with water, it washes clean away.



6. Me: Gosh! I'd like to give it a try. Might help these enlarged pores!  
Jean: Probably would. I use it as a night cream... it sure did wonders for me in getting rid of blemishes.  
Me: Mmmmmmm... mm... you know it *does* feel all tingly and glowy. You've got a new convert, honey.



4. Now, feel my skin. Is it greasy?  
Me: Why no! It feels soft and nice—really *looks* clean, too.  
Jean: Sure. As the ads say, Noxzema teams up with water to float out dirt. It never clogs pores or leaves a film like greasy creams do.



To be beautiful—  
skin *must* be healthy  
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keeps it that way naturally...

ACOUSTIC TILE Armstrong Cork; ADEQUATE LIGHTING PLAN Canadian General Electric; ADEQUATE WIRING PLAN Electrical Service League; WOOLEN BLANKETS Kenwood; POWER TOOLS Beaver; TOWELS Caldwell.

## the Laurentia

The furnishings listed here are available at stores across Canada and will be on display at Eaton's of Canada in Montreal, Toronto, Hamilton, Winnipeg, Vancouver.

**KITCHEN**  
STOVE Findlay; REFRIGERATOR Gilson; COUNTER TOP Formica "Nassau" gull grey; CURTAINING Sanderson—77274, approx. \$5 per yd.; PAINT Pittsburgh 148; FLOORING Amtico—VP11-white, VP44-taupe, VP81-celadon; SMALL APPLIANCES C.G.E.; POTS AND PANS Supreme Aluminum; HOUSEWARES Beacon Plastics.

**LIVING ROOM**  
PAINT Pittsburgh Mesa-179; FLOORING Amtico—VP47 Nubian; DRAPERIES Sanderson—77361, approx. \$10.95 per yd.; CARPET Barrymore "Corvonne" Cinnamon, approx. \$14.95 per sq. yd.; SOFA AND CHAIR Peppier-Selig; TABLES Deilcraft; HI-FI Electrohome; VERTICAL BLINDS Flexalum—beige.

**DINING ROOM**  
WALLPAPER Sunworthy—87004 \$2.19 per single roll; PAINT Pittsburgh—Mesa 179; FLOORING INSET Amtico VR4 Alabaster Beige; CURTAINING C.I.L. Terylene, approx. \$3.95 per yd.; FURNITURE Knechtel's Cherry Lane.

**MASTER BEDROOM**  
WALLPAPER Sunworthy—80364, approx. \$2.15 per single roll; PAINT Pittsburgh—191; CARPET Peerless—401 Imperial Champagne, approx. \$7.95 per sq. yd.; CURTAINING C.I.L. Terylene, approx. \$3.95 per yd.; VERTICAL BLINDS Flexalum—

fawn; BEDROOM SUITE Peppier-Selig's "Seville."

**MASTER BATHROOM**  
FLOORING & WALL TILES Frontenac; PLUMBING FIXTURES American Standard, Persian Brown.

**BOY'S BEDROOM**  
WALLPAPER Sunworthy—87351, approx. \$1.69 per single roll; PAINT Pittsburgh—97; CARPET Barrymore Glenwood Tweed 126; DRAPERY Sanderson—10190, approx. \$6 per yd.; BEDROOM SUITE Vilas; BEDSPREAD Bates—8709 Aqua.

**GIRL'S BEDROOM**  
PAINT Pittsburgh—105; DRAPERIES & BEDSPREAD Sanderson—20272, approx. \$5 per yd.; CARPETING Smith Carpet Styles, grey, approx. \$2 per sq. yd.; BEDROOM SUITE Baetz French Provincial.

**MAIN BATHROOM**  
WALLPAPER Sunworthy 87084, approx. \$1.59 per single roll; FLOORING Amtico VR-1 Gardenia White; PLUMBING FIXTURES American Standard—Ming Green; COUNTER TOP Formica—White Sequin; WALL TILE Frontenac.

**ADDITIONAL PRODUCTS**  
ACCESSORIES Henry Birks & Sons Ltd.; WASHER AND DRYER Philco; HOT WATER HEATER Inglis; WATER SOFTENER Culligan; COPPER PLUMBING AND HEATING PIPES Anaconda; EXTERIOR BRICK Brick & Tile Institute; EXTERIOR GLASS CPI Twindow; EXTERIOR LIGHTING Canadian General Electric; DRAPERY TRACK Kirsch of Canada; MAKING OF DRAPERIES Dodd's; TELEPHONES Bell Telephone; FURNACE & HEATING SYSTEM Lennox; MATTRESSES Sealy; OIL HEATING Association of Oil Heating Companies; METAL WINDOWS Rusco Co. Ltd.; CLOCKS Westclox; FOLDING DOORS Modernfold; VACUUM CLEANERS Hoover Co. Ltd.; CARPET UNDERLAY Duralay; LIGHTING FIXTURES Lightolier from Revere Electrical; ACOUSTIC TILE Armstrong Cork; ADEQUATE LIGHTING PLAN Canadian General Electric; ADEQUATE WIRING PLAN Electrical Service League; WOOLEN BLANKETS Kenwood; POWER TOOLS Beaver; TOWELS Caldwell.

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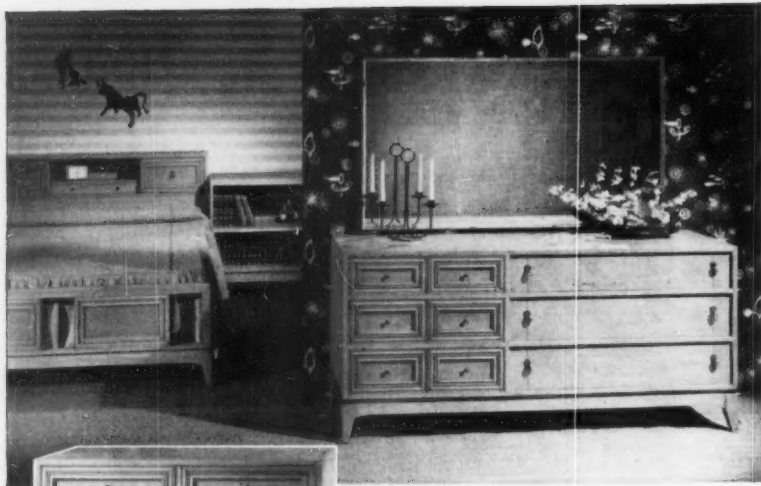
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Chatelaine — September 1958

## YOUR EASY GUIDE TO JAZZ

Continued from page 29

best big jazz band in the world.

Basie demonstrates the fact that jazz history is much more complicated than its historians usually indicate. New Orleans jazz is not really a style of the past; it is still with us. So is swing, in a way, and so is bop—both in modified form, but nevertheless lively and worth hearing.

Anyone who approaches jazz casually and with an open mind will find it becoming a larger and larger world of enjoyment. Perhaps the best beginning is with singers—Ella Fitzgerald, for instance, or Billie Holiday—or with what might be called the milder forms of instrumental jazz, such as the trumpet solos of Bobby Hackett or the piano work of Canada's Oscar Peterson.

Whether you are already well into jazz, or are just teetering on the brink, the accompanying nontechnical notes on five distinct but interlocking jazz traditions—original jazz, band jazz, sung jazz, bop and recent jazz—may be of some help. In each case some representative long-play records are suggested.

## ORIGINAL JAZZ



Sidney Bechet

THE MEN WHO made the earliest earthiest jazz in the American south in the 1890s played mainly in bands consisting of a rhythm section and three horns—usually a trumpet or cornet, a trombone, and a clarinet. When one man played a solo he was supported only by the rhythm section. When the group played together the trumpet carried the lead, or the melodic line, and the others filled in.

This is what made the first jazz sound—the stirring, ragged, happy ensemble sound of the New Orleans or Dixieland band. In variations it is still with us in the music of bands led by white northerners such as Jimmy McPartland and Eddie Condon, in the

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occasional bands led by soprano-saxophonist Sidney Bechet, and in a few southern Negro bands—the one led by George Lewis in New Orleans, for example. Different groups may have different labels — “Dixieland,” or “Chicago jazz” — but the essential form is the same.

Most of the social forces in the south in the nineteenth century went into the making of jazz. In the agony of slavery and troubled transition to freedom, the Negroes developed the twisted agonized blue note.

### Of Louis and Jelly Roll

The early jazz bands often marched in parades, and marching music played almost as important a role in the early development of jazz as did the celebrated bordellos in New Orleans' Storyville district. The earliest great name is that of Buddy Bolden, a robust trumpet player who led the best bands of his time. In 1907 Bolden went insane during a street parade. When he died in a mental hospital in 1931, at sixty-three, he was unknown. Later the first serious jazz historians established his reputation as one of the great founders of New Orleans jazz.

Like Bolden, the two other towering figures in the early years of this century were trumpet players: Louis Armstrong and King Oliver. Oliver, famous when Armstrong was still a little boy, was the first major jazzman to leave New Orleans and establish himself in Chicago. In 1922 he invited Armstrong, who had already become well known in New Orleans, to come up the river and join him at the Lincoln Gardens. For two years the two played some of the best jazz in history. They made thirty-nine records together and their trumpet duets are still regarded as unsurpassed. In Chicago with them at that time were some of the best early jazzmen, perhaps the most notable being Johnny Dodds, the clarinetist, and trombonist Kid Ory. Armstrong's fame surpassed Oliver's after only a few years, and he left the band to work on his own and begin the career that has since made him the most famous jazzman in the world. Oliver died penniless in 1938.

In the twenties and thirties young white musicians in Chicago and elsewhere listened carefully to Armstrong and other bearers of the New Orleans tradition, including the remarkably original pianist Jelly Roll Morton.

Eddie Condon, a guitarist who has since played a major role in jazz as an organizer, was the centre of this group of white musicians which, at one time or another, contained Pee Wee Russell, a clarinetist who is still one of the most sophisticated of jazzmen, Wild Bill Davison, a powerful

cornet player, and Benny Goodman, who eventually led the most successful big band of the thirties. Bix Beiderbecke, who might have been the best of them all (Condon thinks so), played fitfully with a few small groups and with the Paul Whiteman orchestra. Beiderbecke's death robbed the

original-jazz tradition of the musician who might have made a more sensitive contribution than any white man.

Today original jazz played well is one of the scarcest musical commodities. Few younger men have taken it up, although the New Orleans-type jazz bands led by such musicians as



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Turk Murphy and Lu Watters have achieved some success.

#### Some suggested records:

*Louis Armstrong Story* (Columbia 851/2—Volumes I and II).

*Bix Beiderbecke Story* (Columbia 844/6—Three LP's).

*Sidney Bechet with Muggsy Spanier* (Atlantic 1206).

*New Orleans Rhythm Kings* (Riverside 12-104).

*Johnny Dodds* (Riverside 1002).

*Pee Wee Russell* (Storyville 909).

### BAND JAZZ



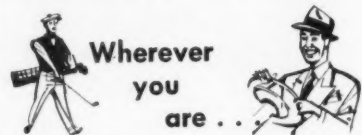
Duke Ellington

THE MAN WHO first made jazz work with a big orchestra was a

pianist, leader and arranger named Fletcher Henderson. In the twenties Henderson took the basic three-part form of the New Orleans horns and arranged it, with written scores, for three sections—trumpets, trombones and reeds. He did not abolish improvisation—the free solo, improvised on the spot, remained at the core of jazz—but he limited it to individuals. Through thirty years of experimentation with big jazz bands, his basic format has remained the same.

In 1934, when Henderson gave up leading a band to become an arranger for Benny Goodman's new orchestra, the big band was about to enter its greatest period. That year Tommy Dorsey ended his first partnership with his brother Jimmy to set out on his own. Glenn Miller was putting together his group and Jimmy Lunceford was making his first record. Some of these leaders later showed an unfortunate tendency to sweeten and commercialize their music, but all of them contributed significantly to jazz.

In the great days of the big band Goodman became its best-known figure. His band played to enthusiastic audiences all over the continent, made hit records, and established a group



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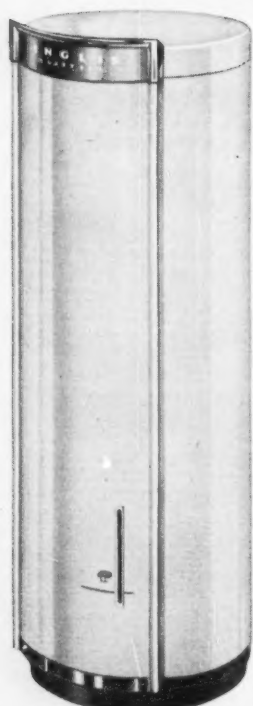
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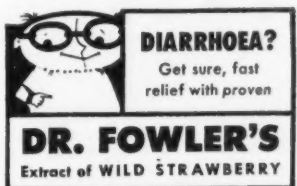


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Chatelaine — September 1958

of soloists few other bands have  
equaled. In 1938 Goodman played  
at New York's Carnegie Hall in the  
first large-scale jazz concert in history.

Duke Ellington was, in his best  
days, a sort of Diaghilev of jazz;  
like the great Russian ballet producer  
he assembled some of the finest artists  
of his time and shaped their talents  
toward a common goal. The goal was  
original and effective group jazz. With  
Ellington's own arrangements and fre-  
quently his own tunes, the band reach-  
ed its peak in the late thirties and  
early forties. Ellington still leads a  
band today, as he has for thirty years,  
but its quality is uneven.

Count Basie, whose band came out  
of Kansas City in the middle thirties,  
is the only leader of a big jazz band  
to successfully bridge the gap between  
the thirties and the present.

#### Singers boomed in war

During World War II the wide ap-  
peal of the big bands died away as  
the new singers took over the popular-  
music market. Since the war only two  
major jazz bands have established  
themselves: Woody Herman's and  
Stan Kenton's. Herman produced in  
1945 and 1946 the most stimulating  
band since Ellington's best days and  
the first big band to use modern jazz  
ideas extensively. Since then he has  
continued to put together good bands,  
if somewhat fitfully, and he has al-  
ways used the most resourceful ar-  
rangers and most creative soloists of  
his time. Stan Kenton's history is less  
happy. He showed that he could  
gather together magnificent musicians  
and arrangers of great talent. But in  
the forties his band ran more and  
more to the pretentious sort of "new  
sounds" that involve screeching trum-  
pets, weird chords, and chant-like  
singing. Kenton, according to many  
jazz enthusiasts, should have been  
the focal point of a great jazz orga-  
nization. He never reached that level.

But the place of the big jazz band,  
the most economically difficult of jazz  
forms is still large. Basie, Ellington,  
Goodman and Herman have made  
that certain.

#### Records:

Benny Goodman Carnegie Hall  
Concert (Columbia OSL-160, two  
LP's).

Duke Ellington In a Mellotone  
(Victor M-1364).

Count Basie Band (Clef 120).

Woody Herman at Carnegie Hall  
(MGM 3043).

Continued on page 112

## Why We Are Sure of EVERLASTING LIFE



Of all the questions that con-  
front a human being, none  
is so important...none so  
perplexing...as:

*What happens after  
death?*

A few will contend that  
there is no life hereafter...

that man ends his days in a blank  
nothingness like animals. But for most  
people, there is a natural and instinctive  
hope that life on earth is only the first  
step toward a more joyous eternal life  
to come.

This instinctive hope, however, carries  
with it no conclusive proof that there is  
a life hereafter, and no obvious "blue-  
print" showing how to attain it. Because  
of this, many are bewildered—uncertain  
of the earthly way of life that will deter-  
mine their eternal destiny.

Catholics, of course, do not claim that  
they alone are capable of having a greater  
knowledge of eternity than is available  
to any one else. But where some may be  
confused and uncertain, the Catholic  
finds certainty in his Church for that  
time when "the night cometh that no  
man can work."

You may hear it said that this is only  
a blind and superstitious faith...that  
Catholics are merely "whistling in the  
dark"...that the Catholic Church doesn't  
know any more about God's plan for our  
destiny than does any one else.

On the contrary, Catholics believe that

the way of life prescribed by  
Jesus Christ is God's own  
plan for our salvation. We  
believe further that Christ  
established the Catholic  
Church to perpetuate His  
teaching — and administer  
His Sacraments...and that  
it has done so from the time of Peter  
down to this very moment.

It is often said that the faith placed  
in Christ by Catholics...and by other  
Christians, too...is unwarranted by  
facts and reason. A powerful answer  
to this will be found in our pamphlet:  
"The Way To Everlasting Life... The  
Catholic Church." Even though you  
may not be interested in the Catholic  
Faith, this pamphlet will help you bet-  
ter to understand God's plan for your  
life.

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SPRAY COLOGNE	3 OZ.	\$4.00
LUXURY SOAP	1 CAKE	\$1.35

AT LEADING DRUG AND DEPARTMENT STORES

Chatelaine — September 1958

Continued from page 111  
Stan Kenton: Innovations in Modern Music (Capitol W-189).

### SUNG JAZZ



Ella Fitzgerald

IN THE EARLY YEARS of American Negro music, jazz and spirituals affected each other deeply. On the side of spirituals this resulted in the kind of jazz-gospel singing recently made so popular by Mahalia Jackson. On the jazz side the combination resulted in the blues.

The blues found their greatest exponent in Bessie Smith, a stout unhandsome woman with a magnificently rich voice and an emotional power that few jazz performers of any sort have been able to equal. Bessie was discovered in her home town, Chat-

tanooga, Tenn., by another blues singer, Ma Rainey, and they toured together for years in a southern tent show. In the twenties Bessie made dozens of superb records as she rose to prominence. Often she sang to the accompaniment of such great musicians as Louis Armstrong and Fletcher Henderson. Her reputation declined long before her death in 1937, but it has grown ever since and her records still sound like the best traditional blues anyone ever sang.

The blues tradition is still present in the work of the two great important living jazz singers, Billie Holiday and Ella Fitzgerald.

Jazz ideas and accents have worked their way into the styles of most good popular singers, and there are many jazz enthusiasts who would call Frank Sinatra primarily a jazz singer. Some of the best jazz singing of the thirties and forties was accomplished, mainly within the limits of the popular song, with big jazz bands—Ivy Anderson's eloquent ballad singing with Ellington, Peggy Lee's bright witty work with Goodman, Lee Wiley's husky sensitive contributions with Jess Stacy, Mary Ann McCall's intense mournful



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Gracious! What next? A body can hardly keep up with things these days. What with dogs spinning around in the sky and all. And now all this excitement about changing over your Victory Bonds. I *was* sorry to see mine go. Had it so long you know. But when the young man at the bank explained that these *new* bonds paid more interest. Well! I know a good thing when I see it. And besides, he gave me a nice cash adjustment — which I straightaway spent on a new bonnet. Like it?

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Chatelaine — September 1958

performances with Herman, and Anita O'Day's rhythmic driving vocals with Gene Krupa. All of them in one way and another used the bent notes and mournful accents of the blues.

The first singer to bring the new notions of modern jazz to popular ballads was Sarah Vaughan. Jazz enthusiasts listened with more attention to her work than to any other singer's in the forties, but in recent years her standards have lowered.

In the last ten years jazz has failed to find a new major singer on a level with the singers of the past. A new crop of singers, of which Carmen McRae is perhaps the most representative, have flooded the jazz clubs, but not one has developed the distinctive approach of a Fitzgerald or a Holiday.

#### Records:

Bessie Smith Story (Columbia 858—Volume IV).

Ella Fitzgerald Sings the Cole Porter Song Book (Verve 4001—Two LP's).

Sarah Vaughan: After Hours (Columbia 660).

Lee Wiley (Storyville 312).

Billie Holiday (Columbia 637).

#### B O P



Lester Young

WHILE THE BIG jazz bands were experiencing some of their greatest successes across the continent in the late thirties, a new phenomenon was developing in New York. Along 52nd Street, near Broadway, a group of bars began hiring jazz musicians. Coleman Hawkins, a tenor-saxophone player of great stature, and Teddy Wilson, a pianist with Benny Goodman, were among them. In these tiny, smoke-filled bars, and in Harlem and Greenwich Village, modern jazz began.

It began with Dizzy Gillespie—a trumpet player who had earlier worked with big swing bands—and with Charlie Parker, a Kansas City musician who had played with a few mid-western bands. Bud Powell, a pianist



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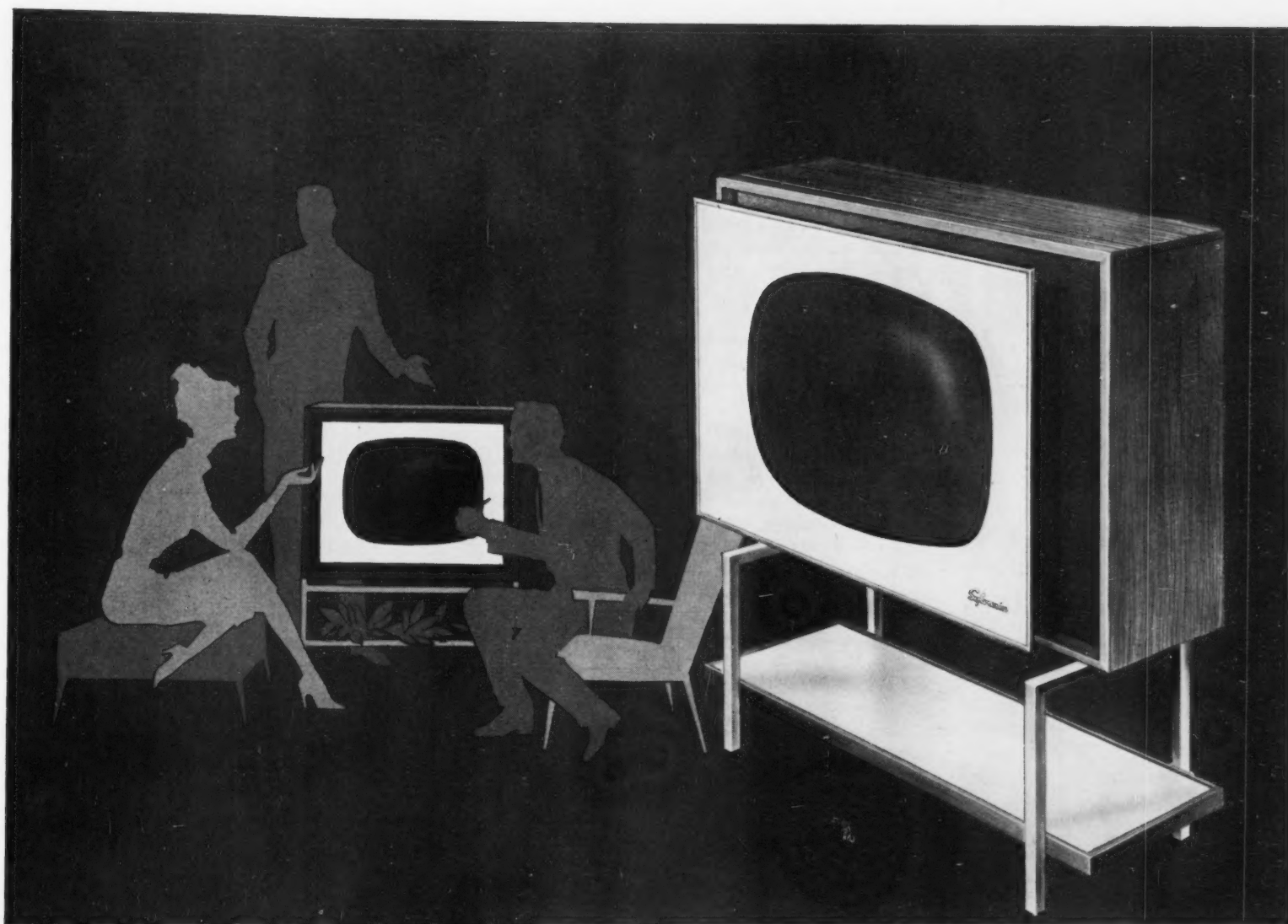
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of enormously original talent, was in near the beginning too, as were drummers Max Roach and Kenny Clarke.

Out of what seemed to them dull harmonic forms and rhythms from earlier jazz, these men developed a brittle piercing new music, based on a slightly changed system of harmony and some irregular rhythms. It was called "rebop," and "bebop," for a while, and then "bop." It changed a great deal of jazz and popular music forever, and its influence can be felt today.

Parker personally influenced more musicians than any other soloist since Armstrong. Jazzmen by the score adopted his high, soaring melodic lines and his intense approach to rhythm. At the same time Gillespie's odd tone and many of his ideas were adopted by trumpet players.

Today the original accents of bop have been thrown in the shadow by more recent forms of jazz. But bop continues to turn up, sometimes under the name "hard bop," which describes the tight, tough musical approach its present exponents take. Thelonius Monk, a pianist and a very original composer, is still to a large extent in the bop tradition.

### Records:

Charlie Parker (Savoy 12079).  
Dizzy Gillespie (Savoy 12047).  
Horace Silver (Blue Note 1562).  
Bud Powell (Blue Note 1503).  
Thelonius Monk (Riverside 12-242).

### RECENT JAZZ



Dave Brubeck

THE MOST IMPORTANT ideas in recent jazz began cropping up in several recording sessions in 1949. A group under the trumpet player Miles Davis, who had been considered one of the members of the bop school, played a series of arrangements turned out by several modern arrangers, including Gerry Mulligan, a baritone-saxophone player. These records—with titles like Jeru and Venus de Milo—had a new sound: it was cool and light, as opposed to the heavier bop.

About the same time Lennie Tristano, a New York pianist and teach-

er, made a series of records with two of his pupils, Lee Konitz, an alto saxophonist, and Warne Marsh, a tenor saxophonist. These records pushed jazz into the future by employing devices previously used by modern classical composers.

In the same period, Stan Getz, a tenor-saxophone player, was developing his own sound—a remarkably "cool" sound—in the reed section of Woody Herman's band.

All these ideas contributed something to recent jazz. Mulligan's arrangements showed the way to the new composed jazz, which sprang up in California in the fifties in groups like Shorty Rodgers'. The cool approach led to groups like Mulligan's own famous quartet of drums, bass, saxophone and trumpet, from which the piano was omitted.

Aside from Mulligan's several units, the most representative group in recent years has been the Modern Jazz Quartet, directed by a former Gillespie arranger, John Lewis.

A much more direct appeal to the senses is made by Dave Brubeck, the most popular jazzman since Goodman, whose quartet has provided much of the impetus for the recent popularity of jazz. Brubeck is unlikely to influence other jazzmen—most musicians fail to take him seriously—but he has provided a small romantic movement in jazz.

It's not hard to see that at least a major part of the jazz of the future will emphasize composition, in the "cool," relaxed manner typical of Mulligan's work. The young jazzmen, more musically educated than jazz musicians ever have been, are turning toward written jazz—a good example is a Canadian, the young Toronto clarinetist and arranger, Phil Nimmons. At the same time, they are not forgetting improvisation. Whatever steps are made in the next few years by the jazz composers, it's not hard to see that the improvised solo, along with the blues, will continue as a major part of anybody's jazz.

### Records:

*The Birth of the Cool*: Miles Davis' group (Capitol T-762).  
*The Modern Jazz Quartet*: Fontessa (Atlantic 1231).  
*Dave Brubeck Quartet — Jazz at Oberlin* (Fantasy 3245).  
*Gerry Mulligan Quartet* (Pacific 1207).  
*Stan Getz Quintet* (Roost 2209).  
*Lennie Tristano/Lee Konitz* (Prestige 7004). ♦



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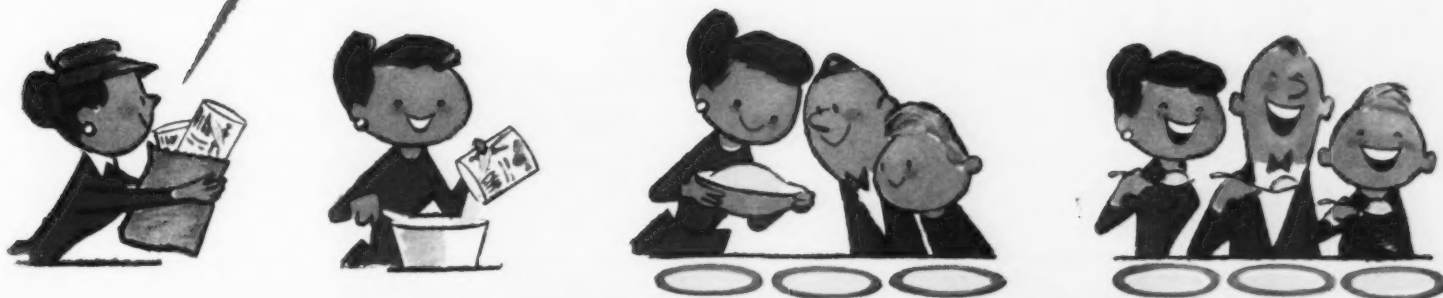
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## YOUNG PARENTS

by Elizabeth Chant Robertson, MD



## We're shortchanging our children on fitness

Many factors affect our fitness and the fitness of the family under our care—such things as food, sleep, fresh air, chronic infections, particularly decayed teeth and diseased tonsils, and last but not least, exercise.

Of course we all realize that many of us are doing far less physical work than our grandparents did. But we took it for granted that our children were getting enough exercise until about four years ago, when Dr. Hans Kraus, a specialist in physical medicine, published his first study. He and his associates developed a series of six simple tests for measuring the muscular strength and flexibility of the back, abdominal and leg muscles of school-age children (6 to 16). These tests were not designed to measure maximum strength or fitness; they were just meant to assess the efficiency of the muscles used in ordinary everyday life.

Dr. Kraus tested 4,000 youngsters living in small cities or suburbs in the northeastern United States. All these youngsters were attending public or high schools and they had all been passed as normal medically. Fifty-eight percent of them failed in one or more of the tests. Later he tested groups of private-school boys, where regular games were part of the daily program, and found they scored better. So did some children living in rural areas.

He then used the same tests on nearly 3,000 Austrian, Italian and Swiss youngsters who were living in similar city communities. Only nine percent of them failed. Certainly the difference between the American and European children was striking. The Kraus tests have been used in Canada to some extent also, with similar results to those reported in the U. S.

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In another Canadian survey about ten years ago, the physical fitness of 400 Toronto youngsters, seven to twelve years old, was measured at intervals by means of a modified step test (stepping up and down rapidly and regularly, followed by counting the heart beat). Dr. Lucien Brouha of Laval University carried out these tests. He found that the boys were always fitter than the girls, but that all of them were less fit in the winter than in the spring. This suggested that a more extensive school physical-fitness program would help these children.

A few physical-education specialists have criticized the Kraus tests, claiming that in the European schools gym work and calisthenics were emphasized, which gave their youngsters an advantage in these tests. I would doubt if this were a valid objection. It's a fact that most European children spend far more time walking, climbing stairs and playing outdoors than their counterparts over here, who are often driven to school, to play and to shop, and who spend far more time watching TV and movies.

One result of the Kraus findings came last year when President Eisenhower called a conference on fitness of 113 experts (with at least one Canadian observer, Miss Doris Plewes of the Department of National Health and Welfare) to discuss fitness in school children and methods of improving it.

### Is fitness important?

Every child is born with a certain number of muscle fibres, the tiny units of which his muscles are composed. With exercise each fibre increases in size (up to a maximum) but no new fibres are formed. Exercise also increases the number of tiny blood vessels supplying the muscles and this helps them to work more efficiently. A long, lean youngster (an ectomorph) is born with fewer muscle fibres than the broad-shouldered mesomorphic type of youngster. The long, lean one can never develop the muscular strength of the broad one, but of course he can be perfectly fit if he takes enough suitable exercise.

A person whose muscles are underdeveloped has to exert himself about twenty percent harder to do the same amount of work as one whose muscles are in good condition. Consequently the child who is underdeveloped muscularly becomes fatigued more easily. The experts say that if you are fit,



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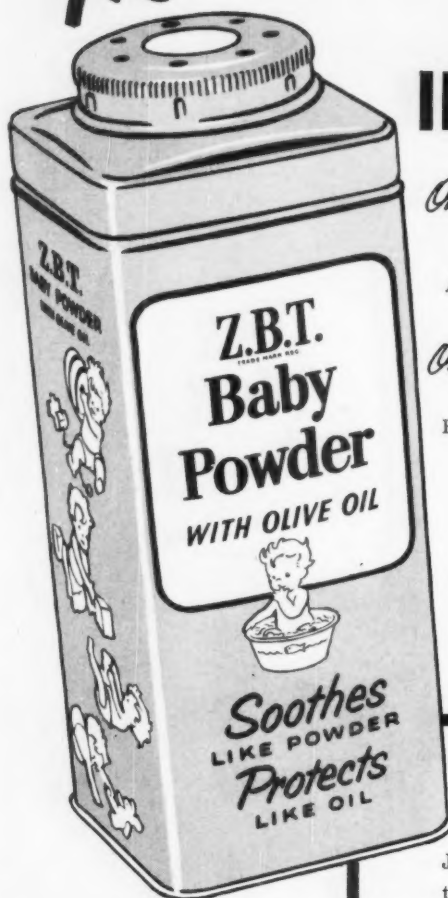
Besides the three different strengths—Farmer's Wife Whole Milk, Partly Skimmed and Skimmed Milk—now Farmer's Wife introduces a new and convenient PREPARED FORMULA, with the baby sugar already added. When the time comes, ask your doctor to prescribe the Farmer's Wife Milk best suited to your baby. Available at all grocery and drug stores in easy-opening tins. Buy the best and be sure!

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you feel sleepy after a strenuous day of work or play, but not tired and so you enjoy both your work and your leisure more.

Sufficient exercise also tends to prevent overweight. A group of overweight high-school girls was compared with a similar group whose weight was normal. The fat girls spent ninety percent of their time lying or sitting and only four hours a week in exercise, most of it gentle. Their normal-weight friends spent about three times as many hours at games or other strenuous activities and still did not gain, although they actually ate more food.

In a study in Brookline, Mass., it was found that the school work of boys and girls who were weak muscularly usually improved as they became stronger through suitable physical training. Another study at the University of Iowa showed that freshmen who were well developed muscularly on admission to college did better at their studies than the less well developed, partly because they weren't so tired at the end of the day and thus better able to study.

Physical activity also releases emotional tension and so makes for better mental health. In addition playing team games, especially under good supervision, stimulates the development of co-operation, leadership and the spirit of fair play.

Can parents promote fitness?

Children need a great variety of exercise, such as running, walking, climbing, balancing, pulling, chinning, stretching. Children should learn skills like chinning and pulling up on a bar fairly early, because these are harder to learn as they grow older.

Parents can set a good example by taking a reasonable amount of the exercise they like. They can arrange vigorous family outings, which don't keep youngsters cooped up in the car for hours. They can provide safe, play space and suitable equipment for preschool children. (A lot of preschoolers seem to get most of their exercise looking out of windows.) If you have no fence, you can buy a large amount of snow fence for very little to make a big, safe play yard.

You can also buy an excellent seventy-page booklet on Play for Preschoolers from the Queen's Printer, Ottawa, for twenty-five cents. Some of the equipment suggested you



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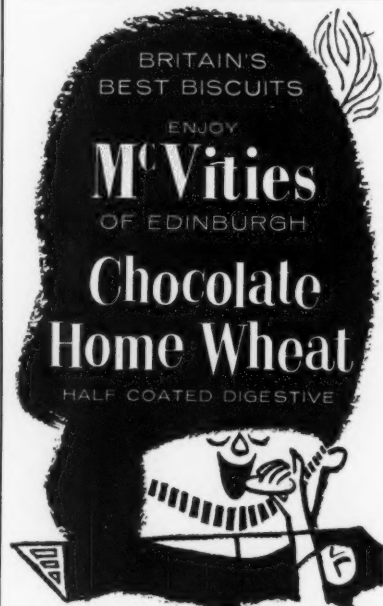
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16P

Chatelaine — September 1958

can make at home. Games or equipment that help these children to reach up and stretch are good. Sports equipment and help in using it is a worthwhile expenditure as youngsters get older. Here, they should be encouraged to try varied activities, not just to excel in one.

What can the schools do?

Fitness experts emphasize the value, especially in the elementary schools, of one period a day of physical training and group games. If planned by experts, these are of special benefit, since in free games the aggressive youngsters take over, and those who need the exercise most get the least.

What can the  
community do?

The school should be important as a community centre for sports and recreation. In some centres, a tremendous variety of games under suitable supervision are available not only after school, but on Saturdays and holidays in the school grounds and building. Trained senior pupils (leaders' corps) can be used for refereeing games. The aim is to have every child play several games or sports of his own choice. ♦

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Made in Canada from a famous  
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It's the European style tomato  
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savory Continental dishes...  
a meal to serve with pride.



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is

Y O U R S

### Victoria—a royal mix-up

Re your interesting article by Graham Fisher, *How Healthy is the Royal Family?* (July) I should like to point out two misstatements: George IV's "only child" did not "die at birth"; she grew up and married and is known to history (and should have been to you) as Princess Charlotte. Her child died at birth and she herself did not survive.

A worse "howler" is the statement that Queen Victoria was the daughter of William IV! Her father was Edward, Duke of Kent, who died as the result of a chill when she was a baby.

Your declaration that Queen Alexandra's deafness was due to child-bearing is open to question; her mother, the Queen of Denmark, became extremely deaf in her later years and the affliction was probably hereditary.

Theodora Herapath, Toronto.

William IV was married morganatically, his family never inherited or claimed the throne. Princess Alexandrina Victoria was the daughter of his brother, the Duke of Kent, for whom "Kent House" at Montmorency, Quebec, is named.

A. R. Chubb, Lachine, Que.

Princess Charlotte lived some twenty years, a vigorous girl who died most prematurely by a dreadfully mismanaged childbirth (she was in labor about two days, and her doctor admitted his blame in this by shooting himself after her death).

Mrs. W. Phillips, Ajax, Ont.

Space does not permit printing the many more letters from readers across Canada who helped us catch up with royal history.—The Editors

### Pointers for marriages

Have been reading your marriage series, and feel there are some very good pointers to be picked up. Could you print the name and address of a counselor near Niagara Falls.

Sally.

The Neighborhood Workers who operate only in Metropolitan Toronto suggests the Children's Aid Society at 602 Erie Avenue, Niagara Falls, Ont.

### July fiction fireworks

The fiction bonus of short stories in July is the best shot in the arm Chatelaine ever had.

Mrs. A. P. Charron, North Bay.

### Childbirth—the exceptional cases

Bravo to those courageous women who wrote in exposing the horrors they were subjected to during childbirth (Letters, July). Of course there are many fine doctors and nurses who are doing an excellent job and these cases are exceptions.

Mrs. M. J., Manitoba.

My first child was born nine months ago . . . Left at the mercies of a young and nervous student—she couldn't hear the foetal heart during the examination—I was sure my baby was dead. Eventually the baby I bore arrived upside down. The doctor asked later if I had suffered much . . . he wasn't there to see for himself.

Margaret J. Glas, Ottawa.

Hurray for Canadian women! Stand up and tell them what it's like!

Mrs. J. P., Alberta.

I'm a nurse. I trained in Prince Albert and have been nursing in Saskatchewan for most of the last thirty years and have yet to see such gross incompetence among nurses as described in your July column. Perhaps the women let their imaginations run away with them! If not, I'm very glad to know I trained, and have had most of my experience with properly trained nurses from Saskatchewan.

Mrs. Catherine L. Cox, RN, Wadena, Sask.

### Facts to ban firecrackers

I want to start a campaign to have the sale of firecrackers banned and will need some facts and figures. Would anyone who has had a serious firecracker accident in their family please write me, including, if possible, newspaper clippings or a doctor's letter? Our oldest boy was badly burned five years ago, necessitating two skin-grafting operations and nearly a year of medical treatment.

Mrs. J. R. Jackson, Pincher Creek, Alta.

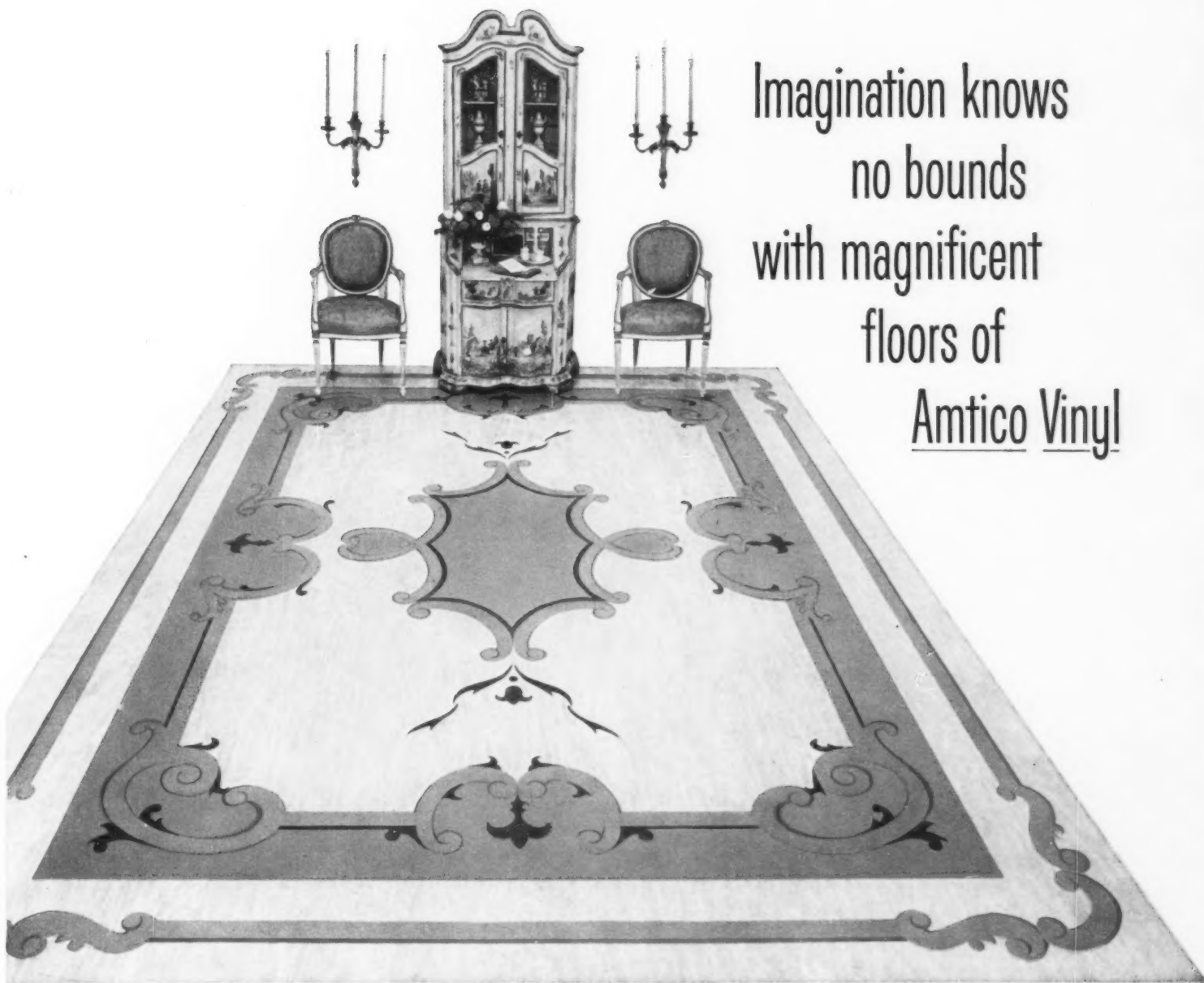
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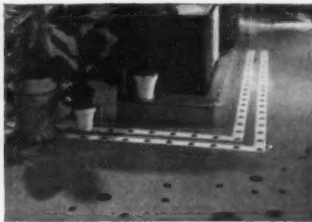
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*by Glenayr*



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pullover, in 100% Pettal Orlon, \$9.95. And “sweet-stuff” on the right delights in the loveliness of her relaxed silhouette heavy-knit convertible-neck pullover, in 100% Pettal Orlon, \$12.95. Classics and others, \$6.95 up. Full-fashioned, hand-finished, in vibrant colours, at all good shops.

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